The Lenten Triodion
Supplementary Texts

translated from the original Greek
by
MOTHER MARY
and
METROPOLITAN KALLISTOS OF DIOKLEIA

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THE WEEK BEFORE LENT

known as

CHEESE WEEK

MONDAY MATTINS

After The Lord is God, *the troparion of the saint of the day (twice);* Glory be to the Father... Now and ever...; *and the Theotokion in the same Tone.*

After the first reading from the Psalter, the sessional hymns of repentance in the Tone of the week from the Octoechos (see THE LENTEN TRIODION, *pp. 668-99).*

After the second reading from the Psalter, the following sessional hymns:

TONE ONE

The gateway to divine repentance has been opened: let us enter eagerly, purified in our bodies and observing abstinence from food and passions, as obedient servants of Christ who has called the world into the heavenly Kingdom. Let us offer to the King of all a tenth part of the whole year, that we may look with love upon His Resurrection.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

O most holy Virgin, thou hast carried in thine arms the Creator, God made flesh. Stretch those arms out towards Him, and entreat Him to deliver us from every passion, danger and temptation, for with love we praise thee and we cry aloud: Glory be to Him who dwelt in thee; glory be to Him who from thee came forth; glory be to Him who through thy childbearing has set us free.

The Canon

We use in the normal way the two Canons from the Octoechos and the Canon from the Menaion to the saint of the day. But in those Canticles

where the three-canticled Canons from the Triodion are appointed to be used, we omit both of the Canons from the Octoechos; and we use six troparia (including the irmos) from the Canon of the Menaion and then eight troparia from the three-canticled Canons.

CANTICLE ONE

First Canon
TONE ONE
by Joseph

Irmos: Let us all sing a triumphant song unto God...

Today is the joyful forefeast of the time of abstinence, the bright threshold of the Fast. Therefore, brethren, together let us run the race with confident hope and with great eagerness.

In my transgressing I have followed our forefather Adam, and in my wretchedness I am cast out from joy. Therefore I fall down before Thee in repentance and with tears: save me, O Lord.

The beginning of contrition and repentance is to flee from sin and to abstain from passions. Let us hasten, then, to cut off our evil works.

Theotokion

Darkened by the night of transgressions, urgently I flee to thee for refuge: for thou hast borne Christ, the Sun of righteousness that shines on those in darkness. O Lady, save me.

Another Canon with the same irmos

Behold, all who love God, the door of repentance is already opened: come, let us make haste to enter in, before Christ closes it and we are shut out in our unworthiness.

Announcing the spring, the week of cleansing that prepares us for the holy Fast is now at hand, illumining the bodies and the souls of all.

Glory be to the Father...

O Holy Trinity, uncreated, unconfused, Unity supreme in love, the Father, the Son, and the Spirit that is one with Them, do Thou always save from death those that worship Thee in faith.

Now and ever...

Theotokion

Most pure Virgin, in thee are the bounds of nature overcome: for without man thou hast given birth to God, yet after childbearing thou hast remained inviolate, as thou wast before.

Irmos: Let us all sing a triumphant song unto God, who has done strange wonders with His mighty arm, and has saved Israel; for He is glorified.

After Canticle Three, sessional hymn of the saint of the day. Glory be to the Father... Now and ever...; *and the Theotokion, both from the Menaion.*

After Canticle Six, kontakion and ikos of the saint of the day from the Menaion.

CANTICLE EIGHT

Irmos: Him before whom the angels and all the hosts of heaven are afraid...

Wasting my whole life as the Prodigal, I have fallen into bondage to bitter and evil citizens; but reject me not, O Christ, as I seek now to turn back to Thy mercy. [1]

My way of life is shameful and bitter, O Saviour who lovest mankind, but Thy mercy and compassion are without measure. With love I sing Thy praises: grant me, I entreat Thee, time for repentance.

I have longed after the unhappy life of Cain, and I have slain that which is highest in myself, my spiritual understanding. I tremble at Thy judgement, O Benefactor; condemn me not with him unto all the ages. [2]

Theotokion

O Virgin worthy of all praise, the only sure hope of the faithful before God, deliver me from the darkness and the punishment prepared for sinners.

Second Canon

Irmos: As the Children in the furnace...

Now is the season of repentance; let us begin it joyfully, O brethren, as we cry: O ye works of the Lord, bless ye the Lord.

Today let us abstain from food and through our actions strive truly to repent of our transgressions. O ye works of the Lord, bless ye the Lord.

We bless the Lord, Father, Son and Holy Spirit.

Glory to Thee, Holy Trinity, invisible, worshipped in Unity, whom we glorify with faith. Save Thy servants from all harm.

Now and ever...

[1] LUKE 15:13-19.
[2] GEN. 4:1-15.

Theotokion

Rejoice, pure and blessed Virgin! Hail, Handmaid and Mother of the Lord! Hail, Protection of the world, O blessed Theotokos, Mary full of light!

We praise, bless and worship the Lord...

Irmos: As the Children in the furnace, we offer unto Thee the hymn of the angels and we sing Thy praises, saying: O ye works of the Lord, bless ye the Lord.

CANTICLE NINE

We sing the Magnificat with Greater in honour than the cherubim...

Irmos: Let us glorify the cloud of light...

O ye faithful, with peaceful hearts and in sincerity let us greet the holy season of the Fast: let us each ask for the remission of his sins, that we may be sharers in the joy that comes through forgiveness.

Behold, now is the season of repentance, the forefeast that prepares us for the Fast. Awake, my soul: with all thy heart be reconciled to thy God and Benefactor, and so escape His just and fearful judgement.

As we all stand at the entrance and gateway of the Fast, let us not begin this time of cleansing in a sinful way with self-indulgence and drunkenness, but let us enter eagerly with purity of thought, that we may worthily receive crowns of immortality and the fruit of our labours.

Theotokion

O Theotokos, hope of those that dwell on earth, cease not to entreat the loving Lord on our behalf, for He alone knows our weaknesses. May He deliver the people [1] that honours thee from plague and famine, from earthquake and from all distress.

Second Canon

Irmos: Thou art the Gate that Ezekiel...

The time for repentance has begun; be not heedless, O my soul. Give bread to the hungry, and pray unto the Lord each day and night and hour, that He may save thee.

As we observe abstinence from meat and other foods, so let us abstain also from all hatred of our neighbour, from lust and falsehood and from every evil.

Glory be to the Father...

[1] LITERALLY 'CITY'.

I worship the Godhead that has no beginning, one in Nature but three in Persons; I glorify Father, Son and Spirit, Unity in Trinity, undivided, one in throne.

Now and ever...

Theotokion

O Virgin, thou art the glory, hope and protection of the faithful. We sing thy praises without ceasing, O Theotokos Mary; keep thy servants safe from harm.

Irmos: Thou art the gate that Ezekiel the Prophet saw of old, through which none has ever passed save God alone; and in our hymns, O Theotokos Virgin, we magnify thee. [1]

The exapostilarion of the day from the Octoechos; Glory be to the Father...; *the exapostilarion of the saint from the Menaion, if such is appointed;* Now and ever...; *and the Theotokion.*

Aposticha:

TONE THREE

When we choose to observe the Fast, we always profit from it. For the devils dare not attack us when we fast, and the guardian angels that protect our life stand at our side with greater eagerness when we are cleansed by fasting.

Verse: We were filled in the morning with Thy mercy, O Lord, and we rejoiced and were glad. In all our days, let us be glad: for the days wherein Thou hast humbled us, for the years wherein we have seen evil. And look upon Thy servants, and upon Thy works, and do Thou guide their sons *(Psalm 89:14-16).*

Repeat the sticheron: When we choose to observe the Fast...

Verse: And let the brightness of the Lord our God be upon us: prosper Thou the work of our hands, O prosper Thou our handiwork *(Psalm 89:17).*

To the Martyrs

SAME TONE

Come, all peoples, let us honour the memory of the holy and victorious martyrs. For, having become a spectacle to angels and to men, they have received the crown of victory from Christ, and they intercede for our souls. [2]

[1] Ezek. 44:1-3.
[2] 1Cor. 4:9.

Glory be to the Father... Now and ever...

Theotokion
SAME TONE

Without seed thou hast conceived from the Holy Spirit; we glorify thee and we sing thy praises: Hail, all-holy Virgin!

VESPERS

To Lord, I have cried, *three stichera are sung in the Tone of the week from the Octoechos, and three to the saint of the day from the Menaion;* Glory be to the Father...; *doxastikon for the saint of the day, if such is appointed;* Now and ever...; *and the Theotokion from the Menaion.*

We do not use the aposticha in the Octoechos, but we sing the following from the Triodion:

TONE EIGHT

Let us make haste to wash away through fasting the filth of our transgressions, and through acts of mercy and compassion to the needy let us enter into the bridal chamber of the Bridegroom Christ, who grants us great mercy.

Verse: Unto Thee have I lifted up mine eyes, O Thou that dwellest in heaven. Behold, as the eyes of servants look unto the hands of their masters, as the eyes of the handmaiden look unto the hands of her mistress, so do our eyes wait upon the Lord our God until He take pity on us *(Psalm 122:1-2).*

Repeat the sticheron: Let us make haste to wash away...

Verse: Have mercy upon us, O Lord, have mercy upon us: for we are utterly humiliated. Let shame come on them that prosper, and abasement on the proud *(Psalm 122:3-4).*

To the Martyrs
SAME TONE

O martyrs of the Lord, we beseech you, offer intercession to our God: pray for abundant mercy on our souls and the forgiveness of our many sins.

Glory be to the Father... Now and ever...

Theotokion

Let us honour the most pure and glorious Virgin, the true Theotokos, and with right faith let us sing her praises as the Mother of God. Let us greet her as the Angel did: Hail! holy Mother of the incarnate Son of God; Hail! habitation of the Holy Spirit, who dost ever intercede on our behalf for the salvation of our souls.

TUESDAY IN CHEESE WEEK

MATTINS

After The Lord is God, *the troparion of the saint of the day (twice);* Glory be to the Father... Now and ever...; *and the Theotokion in the same Tone.*

After the first reading from the Psalter, the sessional hymns of repentance in the Tone of the week, from the Octoechos.

After the second reading from the Psalter, the following sessional hymns:

TONE EIGHT

O Word supreme in love, who with the Father and the Spirit hast created all things visible and invisible in Thy wisdom past speech, grant in Thy compassion that we may spend the season of the joyful Fast in profound peace. Destroy the beguilement of bitter sin, granting us contrition, tears of healing, and forgiveness of our trespasses, that, fasting with a fervent spirit and undoubting soul, we may join the angels to sing the praises of Thy power.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

O Mother of God, in thy womb thou hast ineffably conceived the Wisdom and Word, and thou hast brought forth into the world Him that rules the world. In thine arms thou hast held Him that holds all things in unity, providing food for all, the Maker and the Lord. Therefore I entreat thee, O most holy Virgin, and with faith I glorify thee: may I be delivered from my trespasses when I stand before the face of my Creator. O Queen and Virgin pure and undefiled, grant me then thine aid: for all that thou desirest, thou hast power to do.

The Canon

The same order is followed as on Monday (see pp. 9-10).

CANTICLE TWO
First Canon
TONE THREE
by Joseph

Irmos: As rain upon the meadow and snow upon the grass, let my words fall upon the earth.

The preparation for the Fast shines upon us as the dawn with the light of repentance.

O Christ, in the abundance of Thy compassion deliver me from the outer darkness, for Thou alone art merciful.

Cleanse me by the grace of repentance, O Saviour, and snatch me from the fire and the worm that never sleeps. [1]

Theotokion

O Virgin worthy of all praise, be to us a path of repentance, leading us to the gates of salvation.

Another Canon
TONE TWO

Irmos: Attend, O my people, unto my law...

The season of repentance is at hand; in our love for Christ let us hasten to be cleansed of all transgressions, that when we appear before the Master we may be numbered with the blessed. [2]

Let us hasten now and keep a fast that is constant, pure and sinless, that so we may receive remission of our trespasses.

O Christ, Thou art loving and abundant in mercy, always accepting everyone in repentance; therefore we all glorify Thee for ever.

Glory be to the Father...

Let us glorify the Trinity in Unity, inseparable, unconfused, God undivided in Substance yet distinct in Persons.

Now and ever...

Theotokion

O pure Virgin Mother, from whom the Word took human flesh, entreat Him to save thy servants from peril.

[1] MARK 9:44.
[2] MATT. 25:34.

Irmos: Attend, O my people, unto my law; incline your ear unto the words of my mouth, for I have called upon Thy Name, O Lord.

CANTICLE EIGHT

Irmos: Begotten as God before all ages...

Now is the time for turning back: O my soul, hasten to show unto God worthy fruits of repentance. Keeping fast and praying, rise up and cry urgently: Praise, bless and exalt Christ above all for ever.

O brethren, let us cleanse the senses of our soul, and cleave to the Lord with contrition; and let us cry aloud sincerely, in purity and repentance: Praise, bless and exalt Christ above all for ever.

With persistent prayer let us make haste to slay the enemy who lies in wait for us with thoughts of gluttony, and beguiles our senses with uncontrolled desire for swiftly-passing pleasure: and let us praise, bless and exalt Christ above all for ever.

Theotokion

O Virgin, thou hast made our earthly nature heavenly: with the rain of thy merciful compassion make the barren furrow of my earthbound soul fruitful in virtues, and I will praise and exalt Christ above all for ever.

Second Canon

Irmos: The Lord of old foreshadowed...

O ye faithful, let us now in preparation cleanse ourselves not only in our eating but in our actions, and let us begin the Fast with fervent minds, that so we may appear before the Creator in glory for ever.

This should be the manner of our fasting: not in hatred and contention, not in envy and strife, not in self-glory and with hidden deceit, but like Christ in humblemindedness.

Those who show mercy to the poor, so it is said, lend their money wisely to the Saviour. O joy beyond compare! For in return He grants rich blessings unto all eternity. [1]

We bless the Lord, Father, Son and Holy Spirit.

Glory to the Father, Son and Holy Spirit, God one in three. We mortals praise Thee with the angels, O Most Holy Trinity, unceasingly for ever.

Now and ever...

[1] PROV. 19:17.

Theotokion

Hail, pure Virgin, Theotokos Mary, mercy-seat of the world, strength of Orthodox Christians: pray that we may be delivered from the fire that never shall be quenched, as we glorify thee for ever.

We praise, bless and worship the Lord...

Irmos: The Lord of old foreshadowed the miracle of the Virgin to Moses in the bush upon Mount Sinai: let us praise, bless and exalt Him above all for ever.

CANTICLE NINE

Irmos: O Holy Virgin, Bush that burned and yet was not consumed...

Show unto us Thy pure and loving compassion, for Thou dost grant repentance to mortal men for their salvation, O Saviour who alone art rich in mercy.

Woe is me! How fearful is that judgement seat where there is no respect of persons; and we shall stand before it stripped, rendering an account of all the evil actions in our life.

Rain down upon us, O Benefactor, the waters of compassion, drowning all our filth, and grant us opportunity for repentance.

In joy, with eager hearts, together let us all enter the forecourt of the holy Fast and offer hymns of thanksgiving to Christ.

Theotokion

Singing thy praises with true faith, we entreat thee, our firm protection and strong hope: O Virgin, intercede with thy Son for our salvation.

Second Canon

Irmos: O Theotokos undefiled...

Let us now in preparation cleanse ourselves through tears and fasting and great acts of virtue, that we may receive great mercy.

Let us now follow the example of the wise virgins, and in our love for Christ let us hasten to meet Him with brightly burning lamps. [1]

Let us now follow the example of Elijah who fasted and fled from wicked Jezebel, that like him we may be taken up from the earth. [2]

Glory be to the Father...

[1] MATT. 25:1-12.
[2] 3(1)KGS 19:3, 8; 4(2)KGS 2:11.

Holy, Holy, Holy, thrice holy art Thou, Father almighty and consubstantial Son with the Spirit, one Godhead.

Now and ever...

Theotokion

Thou art our glory, and to thee we run for refuge, O pure and venerated Ever-Virgin: deliver us from torment.

Irmos: O Theotokos undefiled, we magnify for ever thy virginity, that was not burnt by the fire of the Godhead.

The exapostilarion as on Monday *(see p. 13)*.

Aposticha:

TONE THREE

O peoples, let us greet the Fast with joy, for the beginning of the spiritual contest is at hand. Let us lay aside the comforts of the flesh; let us make God's gifts of grace increase within our soul; let us suffer with Christ as His servants, that we may be also glorified with Him as children of God. And may the Holy Spirit, dwelling in us all, give light to our souls *(twice)*. [1]

To the Martyrs

The soldiers of Christ cast aside the fear of kings and tyrants; boldly and with courage they confessed Him as the Lord of all, their King and God: and now they intercede for our souls.

Glory be to the Father... Now and ever...

Theotokion

O Theotokos, the protection of all who ask thy prayers, in thee we trust, in thee we boast, in thee is all our hope: pray to thy Son for thine unprofitable servants.

VESPERS

To Lord, I have cried, *three stichera are sung in the Tone of the week from the Octoechos, and three to the saint of the day from the Menaion;* Glory be to the Father...; *doxastikon for the saint of the day, if such is appointed;* Now and ever...; *and the Stavrotheotokion from the Menaion.*

[1] ROM. 8:17.

Aposticha:

TONE ONE

With great joy let us accept, ye faithful, God's tidings that proclaim the coming of the Fast, as did the Ninevites of old, and the harlots and the publicans who listened to John's preaching of repentance. Through abstinence let us prepare ourselves for communion at the Master's Liturgy in Zion; with tears let us cleanse ourselves before the Washing of the Feet; and let us pray that we may there behold the fulfillment of the Old Passover and the revealing of the New. Let us make ready to adore the Cross and the Awakening of Christ our God, and let us cry aloud to Him: O Thou who lovest mankind, put us not to shame, deprive us not of our expectation *(twice)*. [1]

To the Martyrs

Wise was the exchange ye made, O saints! Ye gave your blood, and received heaven as your reward; ye suffered tribulation for a time, and now make glad eternally. Wisely have ye traded; forsaking things corruptible, ye have received things incorruptible; and rejoicing with the angels ye sing continually the praises of the consubstantial Trinity.

Glory be to the Father... Now and ever...

Stavrotheotokion

When the undefiled Virgin saw upon the Tree the Son who without seed had been born from her womb, unable to endure the wound in her heart, she cried aloud in grief: 'O Thou who rulest all creation by Thy will, how art Thou lifted on the Cross as one condemned? Thou sufferest, because it is Thy will to save mankind.'

Then Lord, now lettest Thou Thy servant...; Holy God..., *etc., and the Lord's Prayer, after which we sing* Hail, Theotokos Virgin... *and the other troparia with prostrations, as on weekdays in Lent (see* THE LENTEN TRIODION, *pp. 92-93). Then* Kyrie Eleison... *(forty times);* Glory be to the Father... Now and ever...; Greater in honour than the cherubim... In the Name of the Lord, give the blessing, Father.

Priest: Blessed be He who is, Christ our God...

Reader: O heavenly King, uphold our rulers...

The Prayer of St Ephraim twice, with four prostrations and twelve bows (see THE LENTEN TRIODION, *pp. 69-70).*

[1] JONAH 3:5; MATT. 12:41; 21:32; JOHN 13:4-5; LUKE 22:15.

Holy God..., *etc., and the Lord's Prayer.*

Kyrie eleison *(twelve times).*

Priest: Glory to Thee, O Christ our God...

Choir: Glory be to the Father... Now and ever...

Kyrie eleison *(three times).*

Give the blessing, Father.

And the priest says the Dismissal.

We say Great Compline, with prostrations, as in Lent (see THE LENTEN TRIODION, *pp. 97-98).*

At the Midnight Office we say the Prayer of St Ephraim with prostrations, as in Lent (see THE LENTEN TRIODION, *p. 70).*

WEDNESDAY IN CHEESE WEEK

MATTINS

In place of The Lord is God, *we sing Alleluia in the Tone of the week, with the appointed verses, as in Lent (see* THE LENTEN TRIODION, *p. 71), and then the Hymns to the Trinity in the Tone of the week (see* THE LENTEN TRIODION, *pp. 662-7).*

After the first reading from the Psalter, the sessional hymns of the Cross in the Tone of the week, from the Octoechos.

After the second reading from the Psalter, the following sessional hymns:

TONE TWO

Grant us humbly and in peace to pass through the days of cleansing that prepare us for the Fast. In Thine ineffable love for mankind, O Christ our God, destroy the wicked schemes of the enemy and preserve us all by Thy Cross, for Thou alone knowest the secrets of man's heart.

Glory be to the Father... *Repeat.* Now and ever...

Stavrotheotokion

Thy Virgin Mother, standing by Thy Cross, could not endure to see Thee suffering unjustly, but weeping and lamenting she cried out to Thee: 'O Child dear to my heart, how dost Thou suffer, though Thou art impassible by nature? I sing the praises of Thy perfect love.'

The Canon

We use six troparia (including the irmos) from the Canon of the Cross in the Tone of the week, from the Octoechos; four troparia from the Canon to the saint of the day, from the Menaion; and then the Canon of the Triodion with four troparia. But at Canticles Three, Eight and Nine we omit the Canons from the Octoechos and the Menaion, and we use six troparia (including the irmos) from the Canon of the Triodion, and then eight troparia from the two three-canticled Canons, with the irmos of the second three-

canticled Canon sung at the end. In certain churches the three Canticles omitted from the Canon in the Menaion are included as follows. At Canticle One, four troparia (including the irmos) from the Canon in the Octoechos; six troparia from Canticles One and Three from the Canon in the Menaion; and then the Canon of the Triodion with four troparia. We do likewise at Canticles Six and Seven; at Canticle Six we use Canticles Six and Eight of the Canon in the Menaion, and at Canticle Seven we use Canticles Seven and Nine of the Canon in Menaion.

Canon of the Triodion
by St Andrew of Crete
TONE FOUR
CANTICLE ONE

Irmos: I will sing to Thee, O Lord my God, for Thou hast led Thy people out of the bondage of Egypt, and hast drowned in the waters the chariots and the might of Pharaoh.

Fasting as man, the Lord overcame the tempter; and so He gave us an example, showing us what lies within our power and setting limits for us. [1]

Through abstinence, Moses was counted worthy to speak with God face to face on Sinai. With faith let us follow his example. [2]

Be merciful, O Lord, unto Thy people; look upon them as God with a compassionate eye and visit them all with the fullness of Thy mercy.

Theotokion

To thee we all run, Theotokos, for thou art our sure defender, and we ask thine intercession that thy flock may be delivered from all peril.

CANTICLE THREE

Irmos: My heart is firmly established in the Lord my God: for the weak have been girded with strength.

Through abstinence Enoch the wonderful was translated from the earth: emulating his example, let us be translated from corruption and enter into life. [3]

[1] MATT. 4:1-11.
[2] EXOD. 19:15, 19; 24:18.
[3] GEN. 5:24; HEB. 11:5.

Through prayer and fasting let us entreat the mercy of the Deliverer: for the Maker rejoices over the repentance of His creatures.

Make ready, O my soul, and cleanse thyself before the Passion of the Lord, that thou mayest keep festival with Him in spirit at His Resurrection.

Theotokion

O thou who hast borne God, intercede for us without ceasing: for to thee, O Theotokos, we sinners flee for refuge.

The Three-Canticled Canons
CANTICLE THREE
First Canon
TONE TWO
by Joseph

Irmos: On the rock of faith Thou hast established me...

Thou hast stretched out Thine hands upon the Cross and by Thy death hast slain the curse, giving life to men by Thy Passion. Therefore we sing the praises of Thy divine Crucifixion , O Jesus our God who lovest mankind.

Killed through eating from the tree, we have been restored to life through the Tree of Thy Cross. This Thy Cross we offer unto Thee to plead on our behalf. Send down upon us grace and mercy, O Master and Benefactor great in compassion.

The gateway to the Fast has been opened; the arena of abstinence lies here before us. Let us rouse ourselves with fiery eagerness, and so we shall receive God's grace to quench the burning flames of our offences.

The blessed season of the Fast has dawned and shines upon us with the light of repentance. Let us draw near with love and reverence, and greatly rejoicing let us shake off the darkness of sloth.

With discernment let us observe a holy fast; let us proclaim a time of abstinence from the passions; and weeping let us cry aloud to the Master: O Lord of many mercies, grant us grace to do Thy will.

Accepting the Fast as a gift, let us glorify the Giver who established it for our salvation. With all our strength let us observe it and so receive from our Creator the forgiveness of our trespasses.

Theotokion

All-holy Lady, Mother and Virgin, by thy mediation and protection

quell the tumult of my passions, heal the wounds of my soul, and rouse me from the sleep of slothfulness.

Another Three-Canticled Canon
SAME TONE

Irmos: O God, the husbandman of all good trees...

When Thou wast raised of Thine own will upon the Cross, O Saviour, all the earth was shaken and the veil of the Temple was rent in twain. [1]

For my sake, O Jesus, Thou hast suffered on the Cross, and Thy side was pierced, O loving Lord. With faith I worship Thy divine power.

Glory be to the Father...

Kneeling upon the earth, I worship the Father, I glorify the Son, and I praise the Spirit: sovereignty single in will, yet three in Persons.

Now and ever...

Theotokion

The mystery of thy childbearing, O Holy Virgin Mary, is beyond our understanding. For without knowing man thou hast borne God, and yet thou remainest inviolate.

Glory to Thee, our God, glory to Thee.

By Thy power, O Christ, sanctify the season of the Fast; and from the snares of the enemy save us all who worship Thee.

Irmos: O God, the husbandman of all good trees and fruit, make fruitful my barren mind in Thy compassion.

Sessional hymn for the saint of the day, from the Menaion; Glory be to the Father... Now and ever...; *Stavrotheotokion from the Menaion.*

CANTICLE FOUR

Irmos: I have heard of the report of Thee, O Lord, that Thou hast appeared upon the earth, and I have glorified Thy power.

Because of his virtue and his hospitality, Abraham received into his home the Trinity present in angelic form. [2]

The gift of abstinence is a treasure which no thief can steal, and he who has this as his wealth will be rich in God. [3]

[1] MATT. 27:51.
[2] GEN. 18:1-16.
[3] MATT. 6:19-20.

Come, let us lament and cry aloud with faith: be merciful to us, O God, for we have greatly sinned.

Theotokion

O blessed Mother, Virgin pure and undefiled, pray for the world to thy Son and our God.

CANTICLE FIVE

Irmos: O Thou who hast caused the light to shine, who hast made bright the dawn and revealed the day; glory to Thee, glory to Thee, O Jesus Son of God.

Moses, when of old he fasted on Mount Sinai, was granted the vision of God; and Elijah was borne up in a chariot of fire. [1]

Because he fasted, Isaiah the wise tasted the coal of fire when the angel, holding it in tongs, touched his lips with it. [2]

Because they fasted, Daniel and the three Children broke the teeth of lions and trampled underfoot the burning flames. [3]

Theotokion

O pure Mother of God, who still remaining virgin hast carried God within thy womb, protect thy flock and keep it safe from harm.

CANTICLE SIX

Irmos: O Christ my God, Thou hast delivered Jonah the prophet from the whale: bring me out also from the depth of my offences and save me, for Thou alone lovest mankind.

The holy Fast preserved Jonah in the whale: let us therefore fast with all our heart, and we shall escape destruction in Gehenna. [4]

Through their fervent repentance and their sorrow, the men of Nineveh turned God from His wrath. With the same sorrow and yearning let us all follow their example. [5]

The approaching Fast calls us to repentance: let us run the race with eager hearts, and learn what is the gift of abstinence.

Theotokion

In ways past speech thou hast borne Christ our God, the Saviour of the world; continually entreat Him to save all those who sing thy praises.

[1] Exod. 19:19-20; 24:16-18; (2)Kgs 2:11.
[2] Isa. 6:6.
[3] Dan. 1:8-16; 3:23-27; 6:22.
[4] Jonah 1:17.
[5] Jonah 3:5-10.

Kontakion for the saint of the day; if there is no appointed kontakion, sessional hymn to the Martyrs in the Tone of the week. [1]

CANTICLE SEVEN

Irmos: O God of our fathers, put us not to shame, but enable us to sing with boldness unto Thee: O God, blessed art Thou.

Let us become like Daniel, who through fasting tamed the roaring lions in their den. [2]

With fear let us emulate the three Children, and so escape from the fire of Gehenna as they escaped from the Babylonian furnace. [3]

Let us fast with a pure heart; let us sanctify our body and consecrate our whole spirit entirely to God.

Theotokion

O pure Virgin Mother, from thee the pre-eternal Word took flesh: never cease to pray to Him for the salvation of our souls.

CANTICLE EIGHT

Irmos: The Children, prisoners in the furnace, confessed Christ the King, crying with a loud voice: O all ye works of the Lord, praise ye the Lord.

Because he had fasted, Joseph fled from intercourse with the sinful woman and was granted royal power. Through fasting, then, let us also quench the fiery arrows of Beelzebub the enemy. [4]

Because he had fasted, David gained the victory over the Philistine [5] and obtained a kingdom. Through abstinence, then, let us also gain the victory over our enemies, and we shall be crowned by the Lord.

Let us preserve these virtues: the fortitude of Job, the singlemindedness of Jacob, the faith of Abraham, the chastity of Joseph and the courage of David.

Theotokion

For us the Virgin Mary has borne Christ the King, while still remaining a pure virgin after childbirth. O all ye works of the Lord, praise ye the Lord.

[1] FOR THE SESSIONAL HYMNS TO THE MARTYRS IN THE EIGHT TONES, AS APPOINTED FOR EACH DAY OF THE WEEK, SEE *THE LENTEN TRIODION*, PP. 668-99.

[2] DAN. 6:22

[3] DAN. 3:23-27.

[4] GEN. 39:7-12; 41:41.

[5] GOLIATH: 1KGS (1 SAM.) 17:50.

First Three-Canticled Canon

Irmos: God came down to the children of the Hebrews...

Upon the mountain Moses raised his arms in the form of a Cross and put the enemy to flight; and Thou, O Saviour, stretching out Thine hands upon the Cross, hast put to death the all-destructive tyranny of hell. [1]

O Christ my Saviour, Thou wast nailed to the Cross and Thy side was pierced; and so Thou hast delivered from the curse those born on earth, making them sharers in unending joy. Therefore we bless Thy love for mankind.

The season of abstinence has dawned, and spiritually it illumines the senses of the soul, driving away the darkness of the passions. Let us, then, accept it with our whole heart, exalting Christ above all for ever.

Fasting kills the passions that destroy the soul and the pleasures that bring death upon us, and it sets in order the impulses and movements of the heart. With faith, then, let us eagerly accept the Fast.

Let us the faithful in sincerity honour the present holy day, regarding it, not as the firstfruits of the Fast itself, but as the entry and forecourt that precedes the Fast.

With this first day of spiritual cleansing the holy Fast welcomes beforehand the soul that loves God, enabling it to mount up by degrees as though on the rungs of a ladder. That is why the present day has been added to the seven weeks.

Theotokion

Open unto us, O Virgin, when we knock and call upon thy mercy, for thou art the speedy refuge of mankind and our firm help in all things, and the sure protection of those in distress.

Second Three-Canticled Canon

Irmos: The Lord of old foreshadowed...

Nailed to the Cross, O Master of all, Christ our Saviour, Thou hast called back Adam and Eve, leading them into Paradise once more; and they sing Thy praises for ever.

When Thou wast lifted of Thine own will upon the Cross, O Christ, the rays of the sun drew back in fear and the day became dark; therefore the thief confessed Thee as God for ever.

We bless the Lord, Father, Son and Holy Spirit.

[1] Exod. 17:10-14.

We believe that the Son and Holy Spirit are equal to the Father; and with faith we worship the Holy Trinity in one Godhead, ever trampling underfoot the teaching of Arius.

Now and ever...

Theotokion

Darkened by the filth of sin, how shall I sing thy praises as I ought, O Virgin Theotokos? Forgive, then, O Most Holy, the boldness of my poor song.

Glory to Thee, our God, glory to Thee.

O Cross, hope of the faithful, weapon of kings, glory of priests, strength of monks, save for ever by thy might all those who sing thy praises.

We praise, bless and worship the Lord...

Irmos: The Lord of old foreshadowed the miracle of the Virgin to Moses in the bush upon Mount Sinai: let us praise, bless and exalt Him above all for ever.

CANTICLE NINE

Irmos: We all magnify Thy love for mankind, O Christ our Saviour. Thou art the glory of Thy servants and the crown of the faithful, who hast magnified the memory of her that bore Thee.

Performing miracles through fasting, Moses parted the sea in Egypt and led the people through it, and he fed them in the untrodden wilderness.

Through abstinence Joshua the son of Nun sanctified the people and brought them across the Jordan, giving them the promised land as their inheritance. [1]

Through abstinence and prayer Gideon overcame the Midianites with only the three hundred men who had lapped the water with their hands. Let us follow his example. [2]

Theotokion

Hail, Mary pure and worthy of all veneration, glory of virginity, strength of the angels, defence of men, joy of the world, Mother and Handmaiden of our God.

[1] JOSH. 3:5; 4:10.
[2] JUDG. 7:16.

First Three-Canticled Canon

Irmos: God, the Word from God...

Stretching out Thy divine hands upon the Cross, Thou hast joined together that which before was divided, and by Thy mediation Thou hast offered as a gift to the Father the nature of mortal man, that was under condemnation.

The grace of the holy Fast has begun to shine upon us, cleansing our unstable thoughts and driving away the darkness of our surfeiting. Let us, then, accept this grace with eager faith.

Bringer of light, the Fast has mixed for us a cup filled with God's gifts of grace, which on this day of preparation it shows to all of us. If we wish to have a share in this grace for our soul's salvation, let us pray to the Master of all to lend us His aid.

With the nails that pierced Thy divine hands, O compassionate Lord, Thou hast nailed our sins to the Cross. With the spear that wounded Thy side Thou hast torn in pieces the bitter record of our transgressions. Therefore we sing the praises of Thy sinless Crucifixion. [1]

The path of holiness lies open before us today. See, the arena of the Fast is made ready for us all. Striving lawfully for the prize, let us pray to Christ to grant us from on high a peaceful Lenten season. [2]

. Theotokion

Through thy watchful intercession, through thine unsleeping protection, through thy powerful defence, pure Lady, keep thy faithful servants from all attacks of the enemy, and guard them from passions and stumbling and temptation.

Second Three-Canticled Canon

Irmos: With faith let us magnify the only Theotokos...

Crucified of Thine own will upon the Cross, O Christ, Thou hast delivered us from the curse of the law. Therefore, as is right, we magnify Thee.

All of us venerate Thy sufferings, O Saviour, which Thou hast willingly accepted in order to deliver man from the bondage of the enemy.

Glory be to the Father...

From all eternity and without undergoing change, the Father has begotten the Son and caused the Spirit to proceed; and so the Trinity remains undivided and equal in honour.

[1] Col. 2:14.
[2] 2Tim. 2:5.

Now and ever...

Theotokion

O Mary most blessed, intercede with the Saviour who took flesh from thee, that He may grant to us sinners the remission of our trespasses.

Glory to Thee, our God, glory to Thee.

By thy power, O Cross, grant to those who venerate thee that they may pass the season of the Fast in peace, and deliver them from the bondage of the enemy.

Irmos: With faith let us magnify the only Theotokos, for in ways surpassing nature she has conceived within her womb, according to the flesh, the Word that outside time shone forth from the Father.

The Hymn of Light in the Tone of the week (see THE LENTEN TRIODION, *pp. 662-7).*

Aposticha:

TONE ONE

If thou dost fast from food, my soul, yet dost not cleanse thyself from passions, thou dost rejoice in vain over thine abstinence. For if thy purpose is not turned towards amendment of life, as a liar thou art hateful in God's sight, and thou dost resemble the evil demons who never eat at all. Do not by sinning make the fast worthless, but firmly resist all wicked impulses. Picture to thyself that thou art standing beside the crucified Saviour, or rather, that thou art thyself crucified with Him who was crucified for thee; and cry out to Him: Remember me, O Lord, when Thou comest in Thy Kingdom *(twice).*

To the Martyrs

O martyrs praised in all the world, neither tribulation nor distress nor hunger nor persecution, neither peril nor the fury of wild beasts nor the sword nor threat of fire, could separate you from God. But suffering out of love for Him, as though your bodies were no longer your own, ye forgot nature and despised death. So ye have received the reward that ye deserve for all your toil, and ye have become inheritors of the heavenly Kingdom. Offer intercession for our souls. [1]

Glory be to the Father... Now and ever...

[1] ROM. 8:35-38.

Stavrotheotokion

When she saw the Lamb hanging on the Cross, the undefiled Virgin lamented and cried: 'O my beloved Child, what is this strange and fearful sight? O Thou who holdest all things in the hollow of Thy hand, how art Thou nailed in the flesh to the wood?'

Then It is a good thing to give thanks..., *and the rest of Mattins as on weekdays in Lent, including the Prayer of St Ephraim, which is said with four prostrations and twelve bows (see* THE LENTEN TRIODION, *p. 74).*

At the First Hour we use the Lenten verses, Hearken in the morning to my voice..., *but we read them quickly, without singing and without prostrations; and so with the Lenten verses at the other Hours. The Prayer of St Ephraim is said at the Hours, with the usual number of bows and prostrations.*

SIXTH HOUR

Troparion of the Prophecy:

TONE THREE

O holy and almighty King, before whom all creation stands with fear and trembling, save us: for Thou hast power to forgive our sins in Thy compassion.

Glory be to the Father... Now and ever... *Repeat.*

Prokimenon (Psalm 27):

TONE SIX

O Lord, save Thy people and bless Thine inheritance.

Verse: Unto Thee have I cried, O Lord my God.

Lesson: Joel 2: 12 – 26.

Prokimenon (Psalm 28):

TONE SEVEN

The Lord will give strength unto His people: the Lord will bless His people with peace.

Verse: Ascribe unto the Lord, ye sons of God, ascribe unto the Lord glory and honour.

Note that the Prokimenon before the lesson from the Old Testament is read as follows. When the troparion of the Prophecy has been read the second time, the priest says: Let us attend. *Then the reader does not say* Prokimenon, *but says immediately:* Tone Six. O Lord, save Thy people... *After the prokimenon the priest says* Wisdom. *The reader:* Reading from the Prophecy of Joel. *Priest:* Wisdom. *Reader:* Thus saith the Lord..., *and the rest of the Old Testament Lesson. After the end of the lesson, the priest says:* Let us attend. *Reader:* Tone Seven. The Lord will give strength... *And so we do throughout Lent on weekdays when the Old Testament lessons are read at the Sixth Hour or at Vespers.*

The Typika are read today after the Ninth Hour. We begin with Psalms 102 and 145, followed by O only-begotten Son and Word of God. *Then the Beatitudes, read quickly, without singing, and the rest of the Typika, with the Prayer of St Ephraim, as in Lent (see* THE LENTEN TRIODION, *pp. 87-88). After the Prayer of St Ephraim, the reader at once begins Vespers, saying:* O come, let us worship..., *and then the Psalm of Introduction.*

VESPERS

To Lord, I have cried, *six stichera are sung, three in the Tone of the week from the Octoechos, and three for the saint of the day from the Menaion;* Glory be to the Father...; *doxastikon for the saint of the day, if such is appointed;* Now and ever...; *and the Theotokion from the Menaion.*

After: O joyful Light, *the prokimenon (Psalm 53):*

TONE FIVE

Save me, O God, for Thy Name's sake, and judge me in Thy might.

Verse: Hear my prayer, O God, and hearken unto the words of my mouth.

Lesson: Joel 3: 12 – 21.

Prokimenon (Psalm 130):

TONE SIX

Let Israel hope in the Lord, from henceforth and for evermore.

Verse: Lord, my heart is not exalted, nor are mine eyes lofty.

Then Vouchsafe, O Lord..., *and the Litany* Let us complete our evening prayer to the Lord...

Aposticha:

TONE THREE

The springtime of the Fast has dawned, the flower of repentance has begun to open. O brethren, let us cleanse ourselves from all impurity and sing to the Giver of Light: Glory be to Thee who alone lovest mankind *(twice).*

To the Martyrs

Supported by faith and made strong by hope, their souls united by the love of Thy Cross, Thy martyrs, O Lord, destroyed the tyranny of the enemy; and, receiving crowns of glory, together with the angels they make intercession for our souls.

Glory be to the Father... Now and ever...

Theotokion

First in holiness among the saints, hymned by the angelic hosts, song of the apostles, preaching of the prophets, O Lady, accept also our entreaties.

Then Lord, now lettest Thou Thy servant...; Holy God..., *etc., and the Lord's Prayer; and then the apolytikion (troparion) of the saint of the day;* Glory be to the Father... Now and ever...; *and the Theotokion. Next comes the Litany* Have mercy upon us, O God...; *the Prayer of St Ephraim once, with three prostrations; the prayer* O Most Holy Trinity... *(see* THE LENTEN TRIODION, *p. 92);* Blessed be the Name of the Lord... *(three times);* Glory be to the Father... Now and ever...; *Psalm 33;* Wisdom..., *etc., and the Dismissal.*

On this day and on Friday in the week before Lent, there is no celebration of the Liturgy; neither of the full Liturgy nor of the Liturgy of the Presanctified.

On Wednesday evening we say Small Compline.

THURSDAY IN CHEESE WEEK

MATTINS

We begin as on Tuesday in the week before Lent.

After the first reading from the Psalter, the sessional hymns of repentance in the Tone of the week, from the Octoechos.

After the second reading from the Psalter, the following sessional hymns:

TONE FIVE

Today all the apostles bless the forty days and the week of cleansing that precedes them, and they sanctify this season of fasting which they received from Christ the Redeemer. They proclaim His Resurrection unto all and intercede with the Lord for mercy on our souls.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

Thou art the protection, O pure Virgin, of those who steadfastly have set their hope in thee. Deliver them from all temptations, from harsh danger and distress. Together with the apostles, intercede on their behalf before thy Son, and save all those who sing thy praises.

The Canon

The same order is followed as on Monday (see pp. 9-10).

CANTICLE FOUR
First Canon
TONE FOUR
by Joseph

Irmos: The prophet heard of Thy coming...

Thy disciples shone in the world with the light of the knowledge of God; they overcame error and destroyed the darkness of deceit. At their prayers, save those who sing Thy praises.

The gateway to the Fast is crowned with the fruits of the saints' ascetic labours, and it welcomes those who in vigilance draw near with hymns and mystical songs. Come, all ye faithful, let us make haste to enter.

Yielding to the impulses of sensual pleasure, I was clothed in my misery with the garments of death. But clothe me now, O Son of God, with the shining raiment of regeneration. [1]

I have passed my life in wickedness and all uncleanness; but in Thee, All-merciful, do I seek refuge. Come quickly, before it is too late, and save me in Thy love.

Theotokion

Ineffably thou hast conceived, O Mother of God, and in ways surpassing nature thou hast borne Him who rules creation. Intercede before Him without ceasing, that He may deliver from all peril those who call thee blessed.

Another Canon

TONE TWO

Irmos: Thou hast come forth from a Virgin...

With the light of your teaching, O apostles, ye have dispersed the darkness of sensual pleasure; praised in all the world, through your abstinence ye have enlightened all men, both sinners and righteous.

Translucent pearls of the Word, O apostles, through your abstinence ye have filled with the glory all the ends of the earth, restoring our souls to their true nobility.

Ye have cooled the furnace of the passions with the dew of fasting, O apostles, and taught all men to keep within themselves a citadel safe from attack, a dwelling-place of holiness. [2]

I have sinned more than all men, and unrepenting I have transgressed as Manasses did. Before death seizes me, O Lord, teach me the way of repentance. [3]

Theotokion

In thee, O Theotokos, all the faithful have a haven of salvation and a rampart none can overthrow: for by thine intercessions, O Lady, thou dost set free our souls from danger.

[1] GEN. 3:21.
[2] SONG OF THE THREE CHILDREN VV. 26-27 (SEPT.).
[3] SEE THE PRAYER OF MANASSES.

Irmos: Thou hast come forth from a Virgin, neither angel nor ambassador, but the Lord Himself made flesh, and all my human nature Thou hast saved. Therefore I cry unto Thee: Glory to Thy power, O Lord.

CANTICLE EIGHT

Irmos: In Thy wisdom, O Master, Thou hast ordered all things...

The whole earth is full of Thy praise, O Lord. For, inspired by God, the preaching of Thy divine disciples has been heard in every place, turning the world from the depths of ignorance to knowledge, as it sings aloud: O ye works of the Lord, bless ye the Lord.

The God-given grace of repentance is made manifest, conferring salvation on those who gladly accept the sweat and labour of the ascetic struggle. Run to the master, then, my soul, and seek forgiveness for thy many trespasses.

The arena of God-given abstinence lies open before us: let us gladly enter there, for we are in need of mercy. In His compassion God thirsts for our salvation and He longs to grant forgiveness to those who seek Him with sincerity and serve Him with love.

With fasting close thy mouth, my soul; have peace in thy heart; serve the Lord with acts of righteousness, offering Him the fruits of virtue as a sweet-smelling sacrifice, and cry aloud: O all ye works, without ceasing bless ye the Lord.

Theotokion

O holy Theotokos, Queen who reignest over all, accept the supplications of thy servants: deliver me from darkness and the fire that never shall be quenched, and by thy mediation and thy divine intercession blot out the multitude of my offences.

Second Canon

Irmos: The unwearied fire...

Christ gave you as a light to all the ends of the inhabited earth, O apostles, and He said: 'Go and teach the nations, that they may learn how in the flesh I lived with abstinence, trampling underfoot all the strength of the enemy and showing to mankind the straight path.'

Thou hast shown, O Christ, how abstinence leads men to cleansing and deliverance from the passions. For through it Thine apostles received Thy blessing and became shining lights upon the earth; and to all who sing God's praises they proclaimed the Lord as one in Essence but three in Persons.

Ye were sent by Christ your Teacher, O disciples, as heralds to the nations, to enlighten their minds with God's teaching. Ye bade them abstain from food and passions, and so to learn that He is Lord and Creator and Benefactor of all.

We bless the Lord, Father, Son and Holy Spirit.

Like Cain the murderer, O Christ my God, I have not brought Thee an unblemished offering; held fast by unclean thoughts, I have not sacrificed my soul to Thee in purity. Yet reject me not, most loving Saviour, as I draw near to Thee through fasting; but look mercifully on the gifts that I bring to Thee with love during the season of the Fast. [1]

Now and ever...

Theotokion

Blessed is the womb of the Mother of God, for it has received the Word. Assuming man's form, He united to His person the material flesh He took from her, and so she was revealed as the City of God in which the Lord Most High was pleased to dwell. To her we cry aloud: Hail, pure Theotokos, full of grace! [2]

We praise, bless and worship the Lord...

Irmos: The unwearied fire, fed with endless fuel, drew back in fear before the pure bodies and pure souls of the holy Children; and as the undying flame decreased in strength, they sang an everlasting song: O all ye works, praise ye the Lord and exalt Him above all for ever.

CANTICLE NINE

Irmos: For He that is mighty has done for me great things...

As lights that never fail ye were sent out into the world, delivering men from the depths of sin. With joy we sing in praise of Christ, who gave you the strength to be His apostles.

O wise apostles, Christ sent you out as salt into a world that had lost its savour and grown foolish. Bringing it back to understanding, ye teach it the knowledge of God, and we praise you in faith. [3]

I am beset by a multitude of grievous sins: in tears I fall before Thee, Christ, begging Thee to grant me a chance to gain forgiveness during the season of the Fast.

[1] GEN. 4:8.
[2] PS. 86:3; 45:5.
[3] MATT. 5:13.

Bound fast by the chains of my passions, I groan and cry aloud to Thee, O Saviour: set me free, that with great joy I may sing in praise of Thy merciful love.

Theotokion

God has appointed thee, pure Virgin, as helper of mankind: never cease to intercede before Him urgently on behalf of us and all the faithful.

Second Canon

Irmos: Thou hast enclosed within thy womb...

Strengthened by fasting, the choir of the apostles shone with divine radiance upon the whole inhabited earth, giving light to the world.

O Jesus who lovest mankind, the choir of Thy disciples has taught the nations to treasure the riches of abstinence.

As a twelve-stringed harp, the company of Thy disciples calls men to the riches of abstinence and the wellspring of salvation.

I cry to Thee, O Lord, with the words of the Prodigal: I have sinned, Father; save me and be merciful. Shut me not out from Thy glory.

Theotokion

In thy womb thou hast carried God made man, and thou art a fountain of life for all the world. We sing thy praises, O most holy Virgin.

Irmos: Thou hast enclosed within thy womb the God whom nothing can enclose, and thou hast brought joy into the world. We sing thy praises, O most holy Virgin.

The exapostilarion as on Monday (see p. 13).

Aposticha:

TONE THREE

The glory of the Fast has shone upon us, putting to flight the darkness of the demons. The solemn time of abstinence has come, bringing with it healing for the passions of our soul. Protected by it, Daniel shut the mouths of lions, and the Children in Babylon quenched the flame of the furnace. Through fasting save us also with them, Christ our God, in Thy love for mankind *(twice)*. [1]

[1] DAN. 6:22; 3:23-27.

To the Martyrs

O holy martyrs who have fought the good fight, ye shine even after death as lights in the world: with boldness pray to Christ for mercy on our souls.

Glory be to the Father... Now and ever...

Theotokion

Holy art thou among women, O Theotokos, Mother and Virgin: pray to the King and Son whom thou hast borne, that He may save us in His love for mankind.

VESPERS

To Lord, I have cried, *three stichera are sung in the Tone of the week from the Octoechos, and three to the saint of the day, from the Menaion;* Glory be to the Father...; *doxastikon for the saint of the day, if such is appointed;* Now and ever...; *and the Stavrotheotokion from the Menaion.*

Aposticha:

TONE TWO

To those who venerate the Cross of Christ with all their heart, it is a bridle and restraint on every lust and a law of abstinence. Looking ever upon Him who on the Cross was crucified, they crucify the flesh with its passions and desires. Let us also flee from sinful lust; fasting in purity, let us become one with Him, who out of love for mankind made Himself one with us by suffering the Passion, and so enabled us to share in His own freedom from the passions; for He has great mercy *(twice)*.

To the Martyrs

Not desiring earthly pleasure, the victorious martyrs were granted heavenly blessings, and they have become fellow-citizens with the angels. At their prayers, O Lord, have mercy upon us and save us.

Glory be to the Father... Now and ever...

Stavrotheotokion

When thou sawest, pure Virgin, hanging upon the Tree, the Vine which, unhusbanded, thou hast conceived within thy womb, lamenting thou hast cried aloud: 'O Child, bestow upon the world the new wine,

which with its sweetness shall drive away all the drunkenness of the passions. Grant this, O Benefactor, in Thy mercy, at the holy prayers of me Thy Mother.'

Then Lord, now lettest Thou Thy servant...; *and the rest of Vespers, as on Tuesday in the week before Lent (see p. 21). We say Great Compline as on Tuesday.*

FRIDAY IN CHEESE WEEK

The order of service is the same as on Wednesday in the week before Lent.

MATTINS

After the second reading from the Psalter, the following sessional hymns:

TONE SEVEN

O Holy Cross, raise up the horn of the Churches; by thy power cast down the arrogance of heretics and make glad the congregations of the Orthodox. Count us all worthy to be present when thou art carried in procession,[1] and to venerate thee as the footstool of Christ. [2] For in thee, O blessed Wood, we glory.

Glory be to the Father... *Repeat.* Now and ever...

Stavrotheotokion

O blessed Theotokos, thou seest those on earth, and thou dost feel and suffer with us in our lowliness: take pity on thy people in distress. Pray for us constantly, lest we perish in our sins. O Virgin undefiled and all-holy, intercede for the salvation of our souls before the God who is always ready to forgive.

The Canon

We use the Canons from the Octoechos, the Menaion and the Triodion, as on Wednesday, except that the three-canticled Canons are used at Canticle Five, not Canticle Three.

Canon of the Triodion
by Joseph
TONE EIGHT
CANTICLE ONE

Irmos: Having crossed the water as though it were dry land, and escaped from the wickedness of Egypt, the children of Israel

[1] On the Third Sunday in Lent.
[2] Ps. 98:5.

shouted aloud: 'Let us sing to our Deliverer and our God.'

The holy season of abstinence shines upon us all with the light of repentance, driving away the darkness of sin. Let us welcome the Fast with willing hearts.

See how the beauty of repentance forms the soul anew at the approach of Lent! With faith and vigilance let us enter on the Fast, and receive remission of our sins.

Principalities and dominions, cherubim and all the powers of heaven, pray that we may spend the season of the Fast in repentance and a spirit of prayer.

Theotokion

O holy Virgin, the only succour of the faithful, to all who acknowledge thee as pure Theotokos, grant the assistance of thy prayers during the season of the Fast.

CANTICLE THREE

Irmos: O Lord, Thou Builder of the vault of heaven...

Through fasting let us flee from the passions that destroy the soul. In the past we grieved the merciful God with our sins: let us now show fruits of compunction.

With zeal and foresight let us all kindle our lamps with the oil of good works, that rejoicing we may enter with the wise virgins into the bridal chamber of light. [1]

O prophets divinely inspired, O godlike martyrs and holy disciples of the Saviour, we entreat you, pray to Him that all of us may rightly begin and acceptably complete the course of the Fast.

Theotokion

Thou art the cause of all good things, O Lady. We entreat thee urgently: enter with us, by thy mediation, into the struggle of the Fast, and grant us to complete it for our souls' salvation.

Irmos: O Lord, Thou Builder of the vault of heaven and Founder of the Church, do Thou confirm me in Thy love: for Thou art our supreme desire and the support of the faithful, O Thou who alone lovest mankind.

Sessional hymn for the saint of the day from the Menaion; Glory be to the Father... Now and ever...; *Stavrotheotokion from the Menaion.*

[1] MATT. 25:1-12.

CANTICLE FOUR

Irmos: O Lord, I have heard the mystery of Thy dispensation: I have considered Thy works, and I have glorified Thy Godhead.

Shining upon us as the dawn, the grace-giving Fast provides us now with a time for repentance, dispersing the darkness of our sins.

God has shown mercy to us. Let us in our turn show mercy: let us feed the poor, and with the divine water of fasting let us wash the defilement from our souls.

O heavenly angels, entreat the Giver of good to accept in His infinite mercy our poor and mean repentance.

Theotokion

O pure mercy-seat of sinners, Holy Lady, through thy mediation tear up the record of my sins.

CANTICLE FIVE

Irmos: O Light that never sets, why hast Thou cast me from Thy face? And why has the alien darkness covered me in my wretchedness? But I entreat Thee, cause me to return, and direct my paths to the light of Thy commandments.

Let us make this present day the first beginning of a life of holiness; with faith and eagerness let us prepare ourselves for ascetic struggles, offering to the Master of all both the labours of our flesh and the good fruits of our soul.

The Fast enabled Moses to share in the vision of God. Follow his example, O my soul; establish within thyself by fasting a path of ascent to God, and thou wilt behold His glory. [1]

At the prayers of the holy apostles and martyrs of blessed memory, we entreat Thee, merciful Jesus, count us worthy to complete the time of the Fast in repentance, rejecting every kind of sin.

Theotokion

As we prepare, O Lady, to enter through the gateway of the Fast, we entreat thee, gateway of God, to enter in together with thy servants; enlarge our thoughts and understanding, that we may perform God's saving will. [2]

[1] Exod. 19:20.
[2] Ezek. 44:1-3.

The Three-Canticled Canons
CANTICLE FIVE
First Canon
TONE SIX
by the same Joseph

Irmos: I entreat Thee, gracious Lord...

Thine hands nailed to the Cross, Thy side pierced by the lance, out of love for mankind Thou hast torn in pieces the record of the sins of fallen Adam. Therefore we glorify Thee in hymns, O Giver of life. [1]

Deceitfully the evil serpent implanted passions in my soul and made me an exile from Paradise; but with Thine hands nailed to the Cross, O Saviour, Thou hast raised me up to incorruption.

The holy season of the Fast has come and is at hand, cleansing the passions of our soul and washing our spiritual wounds. O ye faithful, let us make haste and welcome it with gladness.

The precious season of the Fast is here, clothing all of us with inward joy. Come, let us welcome it with gladness, cleansing ourselves through abstinence and prayer.

To Him who humbled Himself for our sake, let us bring fasting, tears, prayer and humility, that in the day of abstinence He may reward us with the remission of our sins.

Theotokion

With the radiance of thy light, O gentle Queen of the world, drive out the darkness from my soul and disperse the night of my sins, that I may sing thy praises eagerly and call thee blessed.

Another Three-Canticled Canon
TONE EIGHT

Irmos: O Light that never sets...

I venerate Thy Cross, through which Thou hast saved me, O Lord who lovest mankind, and I praise Thy divine and redeeming Passion, O Word and Master, which has freed me from the passions that afflict me, and brought me to a life of joyful peace.

Trusting in the Cross, we defeat the cunning of our enemies. Nailed to the Cross in faith, we have drunk the milk of innocence.

Glory be to the Father...

We all glorify and worship the Father and the Word and the Holy Spirit; we proclaim the revelation of their unity in Nature, and we

[1] Col. 2:14.

acknowledge the threeness of the Persons, distinguished without alteration or confusion.

Theotokion

All-pure and holy Virgin, thou art the hope of the ends of the earth, the joy of thy servants. Watch over those who honour thine ikon with love, and by thine intercessions deliver us all from the enemy, for thou sharest our anxiety and sorrow.

Glory to Thee, our God, glory to Thee.

O Lord, direct on Thy straight path all Thy servants who honour Thee with love. Strengthen us for the contest of the Fast, lead us onwards, and count us worthy of Thy Kingdom.

Irmos: O Light that never sets...

CANTICLE SIX

Irmos: Be merciful to me, O Saviour...

By fasting, our Deliverer has appointed the present season for the cleansing of the stains upon our souls. With faith and fervent hearts let us draw near to receive pardon.

O Christ, Thou hast accepted the groaning of the Publican and the tears which the harlot offered Thee from her heart: accept our prayers also in Thy love for mankind and grant us forgiveness. [1]

At the supplications of Thy preachers and prophets, martyrs and apostles, holy bishops and of all the righteous, O Christ, send down upon our souls the cleansing of our offences.

Theotokion

O pure Virgin, thou alone hast brought strength to the weakness of man's nature by thy divine childbearing: come to my help as I enter now upon the holy contest of the Fast.

Irmos: Be merciful to me, O Saviour, for many are my transgressions, and lead me up, I beseech Thee, from the abyss of evil: for unto Thee have I cried; hearken unto me, O God of my salvation.

Kontakion for the saint of the day; if there is no appointed kontakion, the sessional hymn to the Martyrs in the Tone of the week. [2]

[1] LUKE 18:10-14.

[2] SEE *THE LENTEN TRIODION,* PP. 668–99.

CANTICLE SEVEN

Irmos: The Hebrew Children in the furnace boldly trampled upon the flames, and changed the fire to dew as they cried aloud: 'Blessed art Thou, O Lord our God, for evermore.'

Glorified through fasting, Elijah once was taken up into heaven in a chariot of fire. Follow his example, O my soul, and kill the lusts of the flesh through abstinence. [1]

Behold, now is the season of abstinence, revealing to thee the light of salvation. Be not heedless of the longsuffering God, O my soul, but cry aloud urgently: In Thy love take pity on me.

Fasting quenched the fire and preserved the Children unburnt by the flames. At their prayers, O Jesus, in Thy great compassion, deliver me from the eternal fire.

Theotokion

O only help of men, be the succour of us thy servants in this time of abstinence; may we gain God's mercy by repentance and receive the Kingdom of Heaven.

CANTICLE EIGHT

Irmos: The Chaldaean tyrant in his madness ordered the furnace to be heated seven times more for the holy Children; but seeing them saved by a greater power, he cried aloud: 'O ye Children, bless the Creator and Deliverer; O ye priests, sing His praises; O ye people, exalt Him above all for ever.'

With eagerness let us heat the furnace of repentance and burn up in it all the pleasures of the body; let us entreat Him who is rich in mercy that we may escape from the fire that is to come, and let us cry aloud: O ye priests, bless, O ye people, exalt Him above all for ever.

Helped by the coming season of the Fast, may we refrain from every sin. Let us not turn aside to things below, let us not run with slothfulness; but in a few short days, through contrition of heart let us wipe away the stains of many years, singing the praises of our only God.

The ranks of angels, the company of martyrs, the holy choir of the Lord's apostles, and the congregation of saints, bishops and prophets pray to Thee, loving and all-merciful God: grant true repentance to Thy servants during the season of abstinence that is now beginning.

[1] 4(2) Kgs 2:11.

Theotokion

O all-pure Mother of God, to thee we flee for refuge: take pity on us and, through thy holy intercessions, win the mercy of thy Son and Lord upon us all during the season of the Fast that is now beginning. May it be a time of salvation for the faithful who sing in praise of thee for ever.

First Three-Canticled Canon

Irmos: Accepting danger for the sake of their fathers' laws...

We have not guarded the inheritance which the Father gave us, but have become enslaved to the law of sin. Yet Thou hast stretched out Thine hands upon the divine Cross, and thereby Thou hast given freedom to us all. With faith we offer to Thee this Thy Cross in these holy days: have mercy upon us, merciful Lord, as we exalt Thee above all for ever.

By Thy Cross, O Christ, Thou hast broken down the middle wall of partition, and restored the fullness of peace to the ends of the earth: grant us, O Lord, to spend the coming Fast in peace of soul, as we praise Thee without ceasing and exalt Thee above all for ever. [1]

Today the grace of the Fast shines upon all of us with the light of the sun, cleansing us from the gloom of sin. Though held fast by many passions, let us now approach in joy and thankfully accept this gift, crying aloud: Praise ye the Lord and exalt Him above all for ever.

Tasting with bitterness the forbidden fruit in Paradise, the first man was condemned and cast out from blessedness. But, fixed with nails upon the Cross, Thou hast nailed to it the evil record of his sin. Therefore we sing for ever the praises of Thy great compassion. [2]

Rejecting the law of fasting, we have slipped into the pit of sin. Greatly do we need the help of the Fast that is now beginning. As we pass through it, O merciful Lord, send down upon us from heaven grace and the fullness of Thy peace, for we cry aloud: Praise ye the Lord and exalt Him above all for ever.

Theotokion

Restoration of the fallen, mediator of sinners, refreshment of strangers, consolation of the sorrowful, O pure and holy Virgin, drive away the grief from my soul, and pray that God may send me consolation from on high, for eagerly I sing thy praises and exalt thee above all for ever.

[1] Eph. 2:14.
[2] Col. 2:14.

Second Three-Canticled Canon

Irmos: O ye angels and ye powers of heaven...

When the creation saw Thee crucified in the flesh upon the Cross, O merciful Lord, the light of day was turned to darkness, the earth quaked and all things were shaken. [1]

Raised up on the Cross, O Saviour, Thou hast raised up with Thyself the nature of man, and from Thy divine side Thou hast poured out the riches of salvation upon all who venerate with faith Thy most pure Passion.

We bless the Lord, Father, Son and Holy Spirit.

The Trinity is one God: the Father is not begotten like the Son, nor does the Son proceed like the Spirit, but each keeps His distinctive properties; and I glorify the Three as Light and God for ever.

Theotokion

Tell us, how hast thou given birth to the Son who shone forth timelessly from the Father, and who is glorified with the Holy Spirit? He alone can understand, who was pleased to be born from thee.

Glory to Thee, our God, glory to Thee.

Accept our penitence, O Lord, for Thou art by nature full of lovingkindness, and deliver us from the snares of the enemy, that with faith and love we may sing the praises of Thy holy Kingship.

We praise, bless and worship the Lord...

Irmos: O ye angels and ye powers of heaven, sing to Him who sits upon the throne of majesty, and is glorified unceasingly as God: bless, praise and exalt Him above all for ever.

CANTICLE NINE

Irmos: Heaven was amazed at this, the ends of the earth were struck with wonder, that God should be revealed incarnate unto men. Thy womb became more spacious that the heavens: therefore, O Theotokos, the chief leaders of the angels and mankind magnify thee.

Behold, the time of light has come, the holy day shines upon us. Flee from thy dark passions, O my soul, and welcome the dawn that leads thee to the light; make glad by drinking the wine of compunction, and hate the drunkenness of pleasure.

[1] MATT. 27:45, 51.

How excellent is this time of fasting, which Thou hast ordained for all the faithful, O Christ. It turns us from our sins, and bestows upon us saving forgiveness and the gifts of grace. We entreat Thee, O Saviour, grant us in the coming Fast a share in Thy blessings.

O compassionate Lord, who dost ever rain upon us Thy rich mercies, give us tears to wash away our defilement; fill our thoughts with the desire for Thee; grant us faith and unfeigned love, complete repentance, and perfect conformity to Thee who alone art plenteous in mercy.

O godlike assembly of all the angels, O wondrous choir of saints, pray fervently to the loving Saviour: may He give us strength to finish without stumbling the divine course of this present fast, and may He make us victorious.

Theotokion

O Virgin who lovest the righteous, Mother of the righteous Saviour, direct us all aright, for we are defiled by countless passions and by unclean thoughts, and weighed down by an intolerable burden of sin: and enable us, O Lady, to magnify thee with due praise as Theotokos.

First Three-Canticled Canon

Irmos: Every tongue is at a loss...

Mortal men and angels are alike too weak to give Thee thanks for Thy compassion, O Benefactor: for of Thine own will Thou hast taken flesh, becoming poor for our sakes; Thou wast stretched upon the Tree for us and hast become accursed, to release mankind from the curse of old.[1]

The bright and joyful day of abstinence is at hand. Come, my soul, with joyful face let us go to meet the Master, asking Him to send down grace upon us from on high, giving us the strength to correct our many faults, that so we may escape the terrors of Gehenna in the life to come.

For those encompassed by the darkness of their sins, the holy gateway to repentance now stands open, bringing light to all. Then, O my soul, make haste: turn away from the dark self-indulgence of the passions, and so thou shalt receive eternal joy in the life to come.

Of Thine own will, O Giver of Life, Thou hast stretched out Thine hands upon the Cross, and gathered into unity all that was divided. Thy side was pierced by a spear, O longsuffering Lord, and so Thou hast raised us from the fall that was brought upon us through the woman from Adam's side. With thanksgiving, then, we sing in praise of Thy compassion.

[1] 2Cor. 8:9; Gal. 3:13; Deut. 21:23.

The light-giving Fast is now at hand and welcomes us, setting before us a table of ascetic struggles. With sober vigilance, ye faithful, let us all accept the holy cup of cleansing tears, lest in the life to come we be condemned to the weeping for which there is no consolation.

Theotokion

Thou art the protection of all that put their hope in thee, O Theotokos, and their unsleeping guardian in distress. Deliver us from everlasting punishment and from the bitter torments which await us, that with due thankfulness we may sing the praises of thy majesty.

Irmos: Every tongue is at a loss to praise thee as is due: even a spirit from the world above is filled with dizziness, when it seeks to sing thy praises, O Theotokos. But since thou art good, accept our faith: thou knowest well our love inspired by God, for thou art the Protector of Christians and we magnify thee. [1]

The Hymn of Light in the Tone of the week.

Aposticha:

TONE SIX

Before Christ's death upon the saving Cross, sin ruled supreme and ungodliness prevailed. Men were counted blessed because of sensual pleasures, and only a few despised the appetites of the flesh. But once the mystery of the Cross was brought to pass, the tyranny of the demons was quenched by the knowledge of God, and heavenly virtue came to dwell upon the earth. So fasting now is held in honour, abstinence is glorified, and prayer is offered up. As a testimony to these things, the present season has been given to us by the crucified Christ our God, for the salvation of our souls *(twice)*.

To the Martyrs

At the commemoration of Thy saints, O Lord, the whole creation keeps festival; heaven with the angels greatly rejoices, and the earth with all mankind makes glad. At their intercession have mercy upon us.

Glory be to the Father... Now and ever...

[1] Canticle 9 of the Second Three-Canticled Canon follows in the Slav books, but is missing in the Greek.

Stavrotheotokion

When the all-pure Virgin saw Thee hanging on the Cross, with a mother's grief she cried aloud: 'O my Son and my God, O my beloved Child, how dost Thou endure this shameful suffering?'

Then It is a good thing to give thanks..., *and the rest of Lenten Mattins, as on Wednesday (see p. 33). The Hours also are read as on Wednesday.*

SIXTH HOUR

Troparion of the Prophecy:

TONE SIX [1]

Grant us help in our affliction and save us, O Lord, born of a Virgin, for Thou lovest mankind.

Glory be to the Father... Now and ever... *Repeat.*

Prokimenon (Psalm 32):

TONE ONE

Let Thy mercy, O Lord, be upon us, as we have set our hope in Thee.

Verse: Rejoice in the Lord, O ye righteous.

Lesson: Zechariah 8: 7 – 17.

Prokimenon (Psalm 46):

TONE THREE

O sing praises, sing praises unto our God: sing praises, sing praises unto our King.

Verse: O clap your hands, all ye people.

[1] In the Slav books, Tone Eight.

SATURDAY IN CHEESE WEEK

We commemorate all our holy and God-bearing Fathers who shone forth in the ascetic life.

VESPERS ON FRIDAY EVENING

After the Psalm of Introduction, we read the eighteenth kathisma from the Psalter.

To Lord, I have cried, *six stichera are sung, all from the Triodion:*

TONE EIGHT

Come, all ye faithful, and let us praise the assembly of the Holy Fathers, Antony the Great, Evthymios the illustrious, and all their companions. Let us call to mind the story of their lives, for it is a spiritual Paradise of joy, and with gladness let us raise our cry: These are trees the Lord our God has planted; they have flowered and borne fruits of immortal life, as an offering to Christ and as food for our souls. Let us call aloud upon them: O God-bearing and blessed Fathers, pray for our salvation *(twice)*. [1]

Hail, Egypt, land of faith; hail, holy Libya; hail, Thebaid chosen by God; hail, every place and city and country that has nurtured the citizens of the Kingdom of Heaven, bringing them up in abstinence and toil, offering them to God as men perfect in love. As the stars they guide our souls, and through the brightness of their wonders and the strange marvels they accomplished, they have shed their light spiritually upon all the ends of the earth. All-blessed Fathers, pray for our salvation *(twice)*.

O Fathers of the whole world, who among those born on earth can recount your lives of wonder? What tongue shall tell of your holy contests in the Spirit and your sweat, your feats of virtue and the wasting

[1] Ps. 1:3.

of your bodies, your wrestling with the passions in vigils, prayers and weeping? Truly ye have lived as angels in the world; ye have utterly defeated the demonic powers, and ye have worked strange and amazing miracles. Therefore pray, all-blessed Fathers, that we may receive eternal joy *(twice)*.

Glory be to the Father...

TONE SIX

Withstanding by ascetic effort the destructive passions, ye preserved in purity the spiritual power of the mind, created in God's image; and, so far as man is able, ye attained the divine likeness. For bravely ye did violence to your nature, submitting the lower to the higher, making the flesh subject to the Spirit. So ye became perfect in the solitary life, citizens of the desert, teachers to all who run upon the path of self-denial, unerring guides to virtue. And now in heaven, all-holy saints, passing beyond all images and mirrors, ye gaze with clear vision upon the Holy Trinity, and without intermediary ye pray for those who honour you with faith and love. [1]

Now and ever...

Theotokion in the Tone of the week. [2]

O joyful Light *(without the Entrance) and the Prokimenon of the day (Psalm 58):*

TONE SEVEN

Thou art my Defender, O God, and Thy mercy shall go before me.

Verse: Deliver me from mine enemies, O God, and ransom me from those that rise up against me.

Lesson: Zechariah 8: 19 – 23.

Prokimenon (Psalm 130):

TONE SIX

Let Israel hope in the Lord, from henceforth and for evermore.

Verse: Lord, my heart is not exalted, nor are mine eyes lofty.

Then Vouchsafe, O Lord..., *and the Litany,* Let us complete our evening prayer to the Lord...

[1] GEN. 1:26; MATT. 11:12; 1COR. 13:12.

[2] FOR THE THEOTOKIA FOR FRIDAY VESPERS IN THE EIGHT TONES, SEE BELOW, PP. 310-343.

Aposticha:

TONE TWO

Let us cleanse ourselves, brethren, from all defilement of flesh and spirit. Let us make the lamps of our souls burn brightly through our love of poverty, not devouring one another by dishonest accusations. For the time is at hand when the Bridegroom shall come to reward each according to his works. In the company of the wise virgins, may we enter with Christ, crying to Him with the voice of the thief: Remember us, O Lord, when Thou comest in Thy Kingdom *(twice)*. [1]

To the Martyrs

Because the holy martyrs intercede for us and sing in praise of Christ, all error is destroyed and mankind is saved by faith.

Glory be to the Father...

TONE EIGHT

The multitudes of monks are our teachers. We honour you, holy Fathers, for through you we have learnt to walk upon the straight path. Blessed are ye, servants of Christ, victorious over the power of the enemy, companions of the angels, fellow-citizens with the righteous and the saints. In the company of them, entreat the Lord that He may have mercy on our souls.

Now and ever...

Theotokion
to the special melody O marvellous wonder...
SAME TONE

Hail, treasure of purity; hail, pure dwelling-place of immaterial light; hail, crown of our salvation; hail, O all-blameless Virgin, preaching of the apostles, boast of the martyrs, fulfillment of the prophets. Hail, glory of monks and ascetics; hail, salvation of the faithful.

Then Lord, now lettest Thou Thy servant...; Holy God..., *etc., and the Lord's Prayer.*

Apolytikion:

TONE FOUR

O God of our fathers, who at all times showest lovingkindness to us, take not Thy mercy away from us; but at the prayers of Thy saints guide our lives in peace.

[1] 2Cor. 7:1; Matt. 25:1-2; Luke 23:42.

Glory be to the Father... Now and ever...

Theotokion

The mystery hidden from all ages and unknown to the angels, through thee, O Theotokos, is revealed to those on earth: God is made flesh in a union without confusion, and willingly on our behalf accepts the Cross. Through it He raises Adam and saves our souls from death. [1]

Then the Litany Have mercy upon us, O God...; *the Prayer of St Ephraim once, with three prostration; the prayer* O Most Holy Trinity...; Blessed be the Name of the Lord... *(three times);* Glory be to the Father... Now and ever...; *Psalm 33;* Wisdom..., *etc., and the Dismissal.*

At Small Compline we use the Canon for the Dead in the Tone of the week.

MATTINS ON SATURDAY MORNING

After the Six Psalms and the Great Litany, we sing The Lord is God *and the troparion of the day* O God of our fathers... *(twice);* Glory be to the Father... Now and ever...; *and the Theotokion* The mystery hidden from all ages...

After the first reading from the Psalter, the following sessional hymns:

TONE EIGHT

Illumined by the light of the Fathers, let us now enter into a Paradise of joy, and refresh ourselves beside the river of delight that flows within it. Looking with wonder at the victory of the saints, let us strive to equal them in virtue, crying to the Saviour: O God, at their intercessions make us sharers in Thy heavenly Kingdom.

Glory be to the Father...

Let us with one accord praise Paul the first monk, Antony the wise and Evthymios, with all the other Fathers. Let us entreat them to intercede with Christ unceasingly on our behalf, as we celebrate their divine and joyful memory, and glorify in songs the Saviour and Lord.

Now and ever...

[1] Col. 1:26; 1Peter 1:12.

Theotokion

We ever give thee thanks and magnify thee, O pure Theotokos; we venerate and praise thy childbearing, O full of grace, and we call upon thee without ceasing: Save us, merciful Virgin, in thy love; deliver us from the fearful scrutiny which we must undergo before the demons, and in the hour of our examination suffer not thy servants to be put to shame.

After the second reading from the Psalter, the following sessional hymns:

TONE EIGHT [1]

Let us all praise in hymns Antony and Evthymios, with all the other Fathers who bore God in their hearts, and let us celebrate their memory. For they intercede with the Lord on behalf of all the world, that we may be delivered from the ancient curse and saved from punishment.

Glory be to the Father...

Walking as it were among the flowers of virtue in the meadow of the God-bearing ascetics, we are filled with a fragrance which is sweet to breathe. Their struggles made them hard as steel in the face of temptations, and by abstinence they held the body in subjection to the spirit, living upon earth the life of angels; and so they have been counted worthy of glory.

Now and ever...

Theotokion

At the prayers of Thy holy angels and the Forerunner, of the disciples, prophets and martyrs, of all Thy saints and holy monks, and of Thy Virgin Mother, grant, O Christ, that we may walk in Thy light, and through Thy mercy and compassion count us worthy to receive Thy Kingdom.

Psalm 50, and then the Canon to the patron saint of the church or monastery, with six troparia (including the irmos), and the Canon of the Holy Fathers with eight troparia.

Canon of the Holy Fathers
TONE EIGHT
CANTICLE ONE

Irmos: O ye people, let us raise a song...

With one accord let us all praise in spiritual songs our divine Fathers, who were renowned for their ascetic life in Egypt, the Thebaid and

[1] In the Slav books, the first sessional hymn is in Tone Four.

Libya, in every place and city and land.

Rejoice, Antony the first leader of monks, famous in all the world; and God-bearing Ammoun, the glory of fasting; Arsenios the earthly angel, endued with the power of silence; and Ammonas, bearer of the Spirit.

Be glad, Agathon, sanctified in soul, true vessel of God, with Achilles and Ammois, the flowers of the desert; be glad also, Anoub and Alonios, Amonathas and Anthimos, shining pearls of virtue.

Today let us sing in praise of Aris and Apollos the Great, the lamps of discernment, of Athry and Akakios, the bright torches of obedience; and with them Avvakyris also shines as the morning star.

Avxentios was a mountain in his exalted way of life; Avramios the Great excelled in purity; Aphrodisios and Athenodoros were pillars of abstinence.

Ammonios shines among the ascetics as a star in heaven, along with divine Aninas; and with them shines also Antiochos the Great and Agapitos the renowned.

Let us praise in sacred hymns the great Athanasios who practised the ascetic life on Mount Athos, and became a shining light to the whole inhabited earth; and by his prayers we all are saved.

O wise and blessed Fathers, through your lives inspired by God, ye have become in very truth a Paradise of the Church. Intercede continually before the Lord for each of us by name.

To the Martyrs

Come, ye faithful who love the martyrs, let us honour them year by year with our songs and hymns, and cry aloud with faith to Christ our God: 'Let us sing to Thee, our only Master.'

Glory be to the Father...

I sing the praises of three Persons truly existing in one Nature, the Father unbegotten, the Son begotten and the Holy Spirit: sovereignty and power without beginning, a single Godhead.

Now and ever...

Theotokion

Rejoice, all-holy Temple, Fleece on which the dew of God has fallen, sealed Fountain of the waters of immortality.[1] Keep thy flock,[2] O Lady, safe from the attacks of every enemy.

[1] JUDG. 6:37-38; SONG OF SOLOMON 4:12, 15.
[2] LITERALLY 'THY CITY'.

Irmos: O ye people, let us raise a song to our God who works wonders, for He set Israel free from bondage; and with a hymn of victory let us cry aloud: 'Let us sing to Thee, our only Master.'

CANTICLE TWO

Irmos: See now, see that I am your God, before all ages begotten from the Father, and in the last times conceived without man by the Virgin: and I have destroyed the sin of Adam the forefather in My love for mankind.

Entering now a second Paradise, we are filled with the fragrance of the divinely-planted virtues of the holy ascetics, which they have caused to flower through abstinence and tears, offering to God as fruit their many different ways of life.

Like an angel was the great Vissarion who lived as the birds of heaven; a second Job was Benjamin in his constancy; Vitalios was a watch-fire that saved the harlots for God. And with them let us also praise divine Vitymios and glorious Vavylas.

O Benedict, thou hast become a citizen of heaven through thy holy way of life. The shepherd Vasianos was a dwelling-place of wisdom; and Basil won the crown of obedience, for he dwelt within a tomb while still alive, revealing to us the glory of submission.

Let us sing in honour of Gelasios, renowned master of the passions. Let us praise Gerasimos, whom the wild beasts obeyed, submitting to him because of the perfection of his virtues. Glory be to our father Germanos and to Gaios the wise servant of Christ.

Let us praise David, the veneration and glory of Thessalonica, and Daniel, chosen by God, great in miracles; and with them Daniel of Scetis, Dios and Dalmatos, true leaders of monks and pillars of the faith.

Because of their obedience, Dometianos and Dometios, the wise in God, shine upon us as two beacons more brightly than stars. And let us also praise and glorify all those whose names we do not know.

To the Martyrs

The tombs of the martyrs, who suffered for the Lord's sake, are an inexhaustible source of blessing to the faithful. Come, let us honour them with songs, and by faith receive healing for our souls and bodies.

Glory be to the Father...

Unity in three Persons, supreme in Godhead and surpassing all perfection, Father unbegotten, Son only-begotten, Spirit proceeding from the Father and made manifest through the Son: single in Essence and in Nature, one Lordship and one Kingdom, save us all.

Now and ever...

Theotokion

Thou alone hast borne a Child in a way unknown to mankind; thou alone wast not subject to the corruption that comes from nature, for uncorrupted and without seed thou hast undergone childbirth. Therefore, as is right, pure Virgin, in faith we glorify thee as the Theotokos.

Katavasia: See now, see that I am your God...

CANTICLE THREE

Irmos: None is holy as the Lord...

Let us enter a second Paradise, full of the virtues of the Holy Fathers. Let us taste with joy the living and lifegiving fruits which grow there, and with faith let us sing their praises.

Let us honour Evthymios, the brightest of stars, and Helladios, bringer of the morn, with Ephraim inspired by God, and Evlogios the Great. By their works and wonders they have shone to the ends of the earth.

Let praise be sung to Zosimas the wonderful and to all-honoured Zachariah, to Zeno and Zoilos; and let us honour with them Isaiah the Great and Elijah the glorious.

I praise holy Theodore of Therme and illustrious Theodore of Ennaton, with Theodoulas and Theonas; and I honour blessed Theodosios the Great.

Praise be to Theoktistos, the righteous shepherd, to Thalassios, whose mind dwelt in heaven, to the great Theodore of Sykeon, who was exalted upon earth by signs and wonders.

John the Short, John of the Ladder, and the many other saints named John, shine like the stars with glory. [1]

To the Martyrs

O ye who love to gather for the feasts, let us honour year by year with hymns and spiritual songs the memory of the holy martyrs: for they intercede with Christ continually on behalf of all mankind.

Glory be to the Father...

[1] IN THE ORIGINAL GREEK THE EXACT MEANING OF THIS TROPARION IS OBSCURE.

Consubstantial Trinity, Unity supreme in Godhead, distinct in Persons yet single in Nature, unite us in the one will of Thy commandments.

Now and ever...

Theotokion

O Tabernacle formed by God, overshadowed by the seraphim, Moses depicted thee prophetically, O Virgin, when he spoke of the Holy of Holies, thus prefiguring thine undefiled childbirth by which Christ became incarnate. [1]

Irmos: None is holy as the Lord, and none is righteous as our God, whom all creation praises: none is holy save Thee, O Lord who lovest mankind.

Sessional Hymn
TONE EIGHT

Let us glorify the gentleness and purity of Antony, the great wonders of Evthymios, the solitude and quiet of Paul and Arsenios, the renown of Theoktistos and of all the other holy monks. And with them let us praise in hymns the virgin Evpraxia with all the women wise in God, and let us cry aloud with one accord: Intercede with Christ our God, that those who celebrate with love your holy memory may receive forgiveness of their sins. [2]

Glory be to the Father...

SAME TONE

Ye have broken asunder the bonds of the passions and with strong desire ye have pursued holiness. Ye have been clothed by Christ in a glory that transcends this world; through your labours ye have found rest, and through the toil of abstinence ye have gained the life above. Therefore, as it is right, ye rejoice together with the powers on high, and sing in God's presence with great joy. O God-bearing Fathers, pray that those who celebrate with love your holy memory may receive forgiveness of their sins.

Now and ever...

Theotokion

SAME TONE

I am held fast in the mire of sin, and there is no strength or courage

[1] Exod. 25:18-20; 26:1, 33-34.

[2] The Slav books have a different sessional hymn in Tone Four.

in me; the tempest of my trespasses has overwhelmed me. Look upon me thy servant, I entreat thee, for thou hast borne the Word who alone loves mankind. Deliver me, O Lady, from sin and from the passions that destroy my soul, and from every ill inflicted by the enemy, that I may sing with joy: Intercede with Christ our God for thy servant, that I may be forgiven my offences; for I have set my hope in thee.

CANTICLE FOUR

Irmos: From the overshadowed mountain...

The divine Hilarion was a lantern seen by all the world; in his knowledge of God, great Justin was a mountain; and let us also praise Hierax and Ivestion, great in honour, together with Joseph.

Jeremiah shone as lightning; Ischyrion showed a mighty spiritual strength; and with them Karion, Kopris and Kastor burned like beacons, while Cassian excelled in both the active and the contemplative life.

I think with admiration of Kallistos, who possessed the gift of speech; I praise the good works of Laurence; I publish abroad the noble deeds of Longinos; I venerate the virtues of Lot.

I praise Leontios, who entered the abyss of divine knowledge; I sing of Maximos, wide as the sea in his doctrinal teaching; of Markianos, glory of monasticism; of Mark, ready in obedience, who hearkened unto God.

Makarios the Great was honoured for his virtue, Makarios of Alexandria was a man of God. Praised in their company is Mark the Great and Moses the Ethiopian, with Dalmatois.

I magnify Martinianos and Malchos, who undertook great struggles for the sake of purity; I honour Markellos the abbot, and Millis who raised the dead.

To the Martyrs

O martyrs of Christ, offer to the Maker and Creator unceasing supplications for the peace of the world and for all who honour your memory with praises.

Glory be to the Father...

Strange it is that the Godhead should be One and Three, fully present in each single Person without division: for Father, Son and Holy Spirit are worshipped as one God.

Now and ever...

Theotokion

Hail, spacious dwelling-place of God; hail, ark of the New Covenant;

hail, vessel from which the heavenly Manna has been given to all mortal men.

Irmos: From the overshadowed mountain, from the one Theotokos, the Prophet in divine vision foresaw Thy coming in the flesh, O Word, and he glorified Thy power with fear.

CANTICLE FIVE

Irmos: Deliver me, I pray, from the dark night of the passions...

Come, and in the Eden of Paradise let us look upon the ascetic struggles of the Fathers and their victories, which are ever-living flowers, tended by the Lord alone.

The souls of all are watered and refreshed by the words of Neilos and illumined by the lives of Navkratios, Nikon and Nathaniel; and they are filled with joy by Nisthenor.

Xenophon and his sons enlighten us with the bright shining of their virtues, and so does great Orsesios and above all Onuphrios; and who can praise Poemen as he deserves?

Exalted both in action and in word, Pambo deserves our praise and blessing. Let us honour the famous Publius, who bound fast the demons, and with him let us also glorify the renowned Pinnuphrios.

Honour is due to Paphnutios, glorified by God, to Pior, Patermuthios and Paul the Simple, and to Pitiroun the Great, eminent among the Fathers.

With high honour let us glorify Pachomios, star outshining all the other lights of heaven; and let us sing in praise of Palamon, his companion in the ascetic life, of godlike Petronios and Passarion.

To the Martyrs

O undefeated martyrs, as athletes in the arena ye proclaimed Christ our God; ye have received crowns of victory, and now ye sing and dance in joy with the choirs of angels.

Glory be to the Father...

Three in Persons but one in Nature is the God in whose Name we were baptized and in whom we believe: Father, Word and consubstantial Spirit.

Now and ever...

Theotokion

O Undefiled, at the word of the Angel thou hast borne the Word in a way surpassing words. We entreat thee, never cease to pray to Him that thy flock may be always delivered from danger.

Irmos: Deliver me, I pray, from the dark night of the passions, and enable my spirit, O Christ, to seek Thee early in the morning, guided by the light of Thy commandments.

CANTICLE SIX

Irmos: Held fast by many sins...

Wonderful and worthy of our veneration are the Holy Fathers, with their ascetic struggles for God's sake, their spiritual wrestling, and their works of healing. Who but they have performed such miracles?

Let us honour Rabbula the wonderful, and also Rufus, Sisois equal of the angels, and with them divine Seridos and Silvanus.

As a four-starred firmament, the four Simeons were revealed on earth: three of them were stylites and one a fool for Christ.

Leader of monks, Savvas the Sanctified shone as the sun among the stars; and next to him shines Serapion, together with Silvanus.

Let us praise Sarmatas and Timothy, Tithois also, with Hyperechios, Pharmuthios, Phokas, Chariton, Chairemon and Psois, and also Or the wise.

May the holy and glorious multitude of the Fathers, those whom we have remembered and those whose names we do not know, deliver from danger all of us who celebrate their memorials with loving hearts.

To the Martyrs

Wonderful art Thou in Thy martyrs, O Lord who lovest mankind, and glorified through their sufferings, their wonders and their works of healing. At their intercessions, save us. [1]

Glory be to the Father...

I sing Thy praises, Trinity without beginning, divine Unity; Light and Lights Thou art, Life and Lives, one Holy and three Holies: Mind, Word and Spirit, the one God.

Now and ever...

Theotokion

Leap for joy, Jesse the forefather; from thy root has sprung the Flower of Life that saves the world, Christ our God born from the pure Virgin. [2]

Irmos: Held fast by many sins, I fall down like the Prophet [3] before Thy tender mercies. Accept me also in Thy love for mankind, O Lord, and save me.

[1] Ps. 67:36.
[2] Isa. 11:1.
[3] Jonah.

Kontakion
TONE EIGHT

As preachers of godliness, putting impiety to silence, Thou hast glorified the company of the God-bearing Fathers and made them shine in all the world. At their prayers, keep in perfect peace all who praise and magnify Thee, that they may sing to Thee: Alleluia.

Ikos

I looked at the pleasures of this life and I considered their nature and effect; and, measuring the toil and suffering which they cause, I judged the life of mortal man to be full of misery. You alone would I call blessed, for ye have chosen the better part: to suffer with Christ and to remain with Him, and ever to sing with the prophet David: Alleluia.

CANTICLE SEVEN

Irmos: Thou hast refreshed the Children...

Come, and as is right let us offer hymns to the women that lived a life of sanctity, equal to that of the angels, and let us cry: At their intercessions, O God, save all of us.

With faith let us honour Vryaini, who bore Christ in her heart, with godlike Fevronia, Thomais, Hiereia, Platonis and Melanthia.

Let us praise the two Evpraxias, angelic in mind, and also the two Theodoras; and let unceasing hymns and glory be given to all the blessed Anastasias who served God in a marvellous way.

Mary of Egypt was a light to the world, and Mary who was named Marinos shone on the earth as a star; Evphrosyni was bright as the sun in her virtues.

Theodouli was a flame of fire in her asceticism; and with her shone Theodoti, Julitta and blessed Isidora.

Let us honour Marina, whose mind dwelt in heaven, and the great Matrona; and let us praise the wisdom of Synklitiki, Sarah and Justa.

Let us sing in honour of Pelagia, the angel of the Lord, and of Taisia, the lamp of repentance, and of all the other women who shone forth in the ascetic life.

To the Martyrs

As we celebrate the memory of the victorious martyrs, let us entreat the only Giver of Life to grant remission of sins to those who sing the praises of His mercy.

Glory be to the Father...

With one accord we worship and glorify Father, Son and Holy Spirit, and we cry aloud with faith: Glory to Thee our God, Trinity in Unity.

Now and ever...

Theotokion

O blessed Theotokos Virgin, who hast borne the Saviour and Master of the world, pray to Him at all times for mercy on our souls.

Irmos: Thou hast refreshed the Children with dew in the furnace, and Thou hast preserved Thy Mother as a Virgin after childbirth: Blessed art Thou, O Lord God of our fathers.

CANTICLE EIGHT

Irmos: Glorified in the holy mountain...

Let us all glorify the pastors and wise teachers and hierarchs of the Church of Christ, together with the holy monks; and let us praise the Lord and exalt Him above all for ever.

Let due praise be given to Basil the Great and to Athanasios of many labours, together with Gregory who surpassed all men in theology.

Let us give glory also to John of the Golden Mouth, to the two Cyrils who were pillars of divine wisdom, and to Hesychios the Theologian, with Meletios who discoursed on God.

Let glory be given to Gregory of Nyssa with the two Fathers named Wonderworker; and for ever let us praise Epiphanios, wise in the things of God, and Amphilochios, the shining star.

Let us sing the praises of Metrophanes, the glory of priests, with Nektarios, Attikos, Gennadios and Anatolios, for they have filled our life with light; and let us also honour wise Evsevios and Proklos.

I sing of Nicolas the holy preacher and Sophronios sweet as honey in his speech, of Evlalios and Diadochos, together with Evstathios and Juvenal, chief among the Fathers.

To the Martyrs

Healing of soul and body flow from the tombs of the victorious martyrs as from a fountain. With faith let us draw water from this source, and let us praise and exalt the Lord above all for ever.

We bless the Lord, Father, Son and Holy Spirit.

As Unity in Essence I sing Thy praises; as Trinity in Persons I venerate Thee, Father, Son and All-Holy Spirit. The power of Thy Kingdom that has no beginning I glorify unto all ages.

Now and ever...

Theotokion

O Theotokos, thou hast become the Mountain of God in which Christ came to dwell; and He has made into divine temples all those who sing: Praise ye the Lord and exalt Him above all for ever. [1]

We praise, bless and worship the Lord...

Irmos: Glorified in the holy mountain, the Lord revealed the mystery of the Ever-Virgin to Moses in the burning bush: praise and exalt Him above all for ever.

CANTICLE NINE

Irmos: The burning bush upon the mountain...

Who can describe the boldness of Ambrose? Who can recount the wisdom of Hierotheos, and the steadfastness with which the Alexanders struggled in defence of the faith?

Let us praise the divine Phaidimos and God-bearing Spyridon, Antipatros, Pambo, Palladios and Nonnos, with Jerome and all-honoured Germanos: for they are shining lights of God.

Let us honour Dionysios, great in the knowledge of God, initiate of the heavenly mysteries, and Clement, who laboured much, with Flavian and Paul the Great, the heralds of the faith.

Let us praise Michael of Synada and Tarasios, Nikephoros and illustrious Theodore, with Theophanes and Jerome, the defenders of the ikons of Christ.

Let praise be given to Peter and Ignatios, who in very truth bore God in their hearts, the apostles of Christ who suffered for His sake, and also to Polycarp and Cyprian the martyr of the Lord.

O holy fathers and hierarchs of the Lord, martyr priests and bishops, and women saints, all those whom we have named and all whose names we do not know: pray for the salvation of our souls.

To the Martyrs

As ye rejoice, O martyrs, in the heavenly mansions of the glory of the Lord, with the choir of the apostles, pray to the Creator for all of us on earth.

Glory be to the Father...

[1] Ps. 47:2; 67:16-17; Dan. 2:45; 1Cor. 3:16.

O God, one in three, glory be to Thee without ceasing. Each is God, for Father, Son and Spirit are one in Nature, though threefold and distinct in the splendour of their Persons.

Now and ever...

Theotokion

The bush which burned with fire and yet was not consumed, that Moses saw of old upon Mount Sinai, was a foreshadowing of thy womb, O Virgin, which received the pure fire of the Godhead. [1]

Irmos: The burning bush upon the mountain revealed in prophecy to the Giver of the Law Christ's birth from the Ever-Virgin for our salvation: and with never-silent songs of praise we magnify Him.

Exapostilarion

O multitude of holy Fathers who denied the world and took up the Cross, together with the choirs of martyrs, the assembly of hierarchs and the company of holy women, shine upon us with your light, that we may rightly sing the praises of your glorious memory.

Glory be to the Father... Now and ever...

Let us praise in hymns of joy the God-bearing Fathers who shone forth in the ascetic life, together with the hierarchs and the martyrs and the choirs of holy women: so we shall be sanctified and, through their prayers and the intercessions of the Theotokos, we shall easily accomplish the course of the Fast.

Lauds. Four stichera are sung:

TONE EIGHT

O ye faithful, let us all glorify the multitude of Fathers who lived the ascetic life in holiness. With hymns inspired by God, O brethren, let us praise with one accord the hierarchs of Christ: for they lived in abstinence and pure fasting, and they have made plain to us the Gospel of Christ. And let us also sing the praises of the holy and glorious women who bore God in their hearts, and out of love for Him let us emulate their way of life, that in the world to come we may receive the forgiveness of our trespasses.

[1] Exod. 3:2.

O brethren, let us praise and glorify those who shone forth in the ascetic way: here on earth they lived in sanctity and righteousness, and now in joy they are translated to eternal life. With virtue and holiness they ran upon the straight path that leads to the everlasting blessings of the world to come. Let us honour them as they deserve, that through their intercessions we may obtain mercy from God, and eternal joy and glory, and may escape the future punishment from which there is no release.

O choir of all the hierarchs, assembly of the righteous, of the ascetics and the holy women who lived in godliness, intercede, we pray, with the Lord who alone is good and merciful, that He may take pity on us. At your prayers, O saints, may we be delivered from condemnation in the Age to come, and rejoice to all eternity in the blessedness of heaven, crying aloud with ceaseless hymns of praise to the Giver of Life.

O ye faithful, let us celebrate today a solemn festival in memory of the saints, of the hierarchs and ascetics, the martyrs and the holy women. All that is transient and subject to corruption they utterly despised, looking on it as a spider's web, as dung, that they might gain Christ and His Kingdom, and enjoy the divine blessings that eye has not seen nor ear ever heard. At their prayers, O God, deliver our souls from corruption. [1]

Glory be to the Father...

TONE SIX

Holy Fathers, the fame of your virtuous actions has gone out over all the earth, and in heaven ye have received the reward of your labours. Ye have destroyed the host of demons and now ye dwell with the ranks of the angels, whose lives ye strove to emulate without reproach. Since ye have boldness before the Lord, pray for us, that peace may be granted to our souls. [2]

Now and ever...

Theotokion

SAME TONE

O Theotokos, thou art the true Vine, that has put forth the fruit of life. We pray thee, O Lady, intercede together with the apostles and all the saints, that mercy may be granted to our souls.

[1] PHIL. 3:8; 1COR. 2:9.
[2] PS. 18:5.

Great Doxology, the troparion O God of our fathers..., *two Litanies and the Dismissal.*

LITURGY

The Typika (Psalms 102 and 145) and the Beatitudes. With the Beatitudes we sing four troparia from Canticle Three of the Canon at Mattins, and four troparia from Canticle Six.

Prokimenon:

TONE SEVEN [1]

The saints shall boast in glory: they shall rejoice upon their beds *(Psalm 149:5).*

Verse: The high praise of God shall be in their mouth *(ibid.6).*

Epistle: For the day: Romans 14: 19 – 23; 16: 25 – 27.

For the Holy Fathers: Galatians 5: 22 – 6: 2.

Alleluia:

TONE TWO

Verse 1: They are planted in the house of the Lord: and shall flourish in the courts of our God *(Psalm 91:14).*

Verse 2: Rejoice in the Lord, O ye righteous: it is fitting for the just to give praise *(Psalm 32:1).*

Gospel: For the day: Matthew 6: 1 – 13.

For the Holy Fathers: Matthew 11: 27 – 30.

Communion verse: The righteous shall be in everlasting remembrance: he will not be afraid of any evil tidings. Alleluia.

[1] IN THE SLAV BOOKS, TONE FOUR.

THE FIRST SUNDAY IN LENT

known as

THE SUNDAY OF ORTHODOXY

SMALL VESPERS ON SATURDAY EVENING

To Lord, I have cried, *four stichera are sung:*

TONE ONE

by Nicolas

to the special melody O purest Virgin, thou
Joy of the heavenly hierarchies...

Now the light of the true faith shines upon us all, dispersing the dark cloud of the error of ungodliness, and illumining the hearts of true believers. Come, all the Orthodox, with reverence let us fall down and venerate the holy ikons of Christ.

As a bride adorned, the Church of Christ is now made beautiful with the holy ikons, and she calls us all together in the Spirit. Come, let us keep the feast with unity of mind and faith, joyfully magnifying the Lord. [1]

Let the whole world make glad: for see, in His ineffable providence the Lord has cast down from on high the power of ungodliness, and we who were humbled are today exalted.[2] We are guided to the faith of Orthodoxy by the pious Empress. [3]

As Basil says, the honour shown to the ikon is directed to the prototype it represents.[4] Therefore we ascribe to the ikons of the Saviour Christ and all the saints an honour that is relative; and we hold fast to them, that we may nevermore be led astray into ungodliness.

Glory be to the Father... Now and ever...

[1] Isa. 61:10.
[2] Luke 1:52.
[3] Theodora.
[4] On the Holy Spirit, xviii (45).

Theotokion

SAME TONE

He who is invisible in His eternal and divine nature, took flesh from thy pure body, O Virgin, in His great compassion, and became visible as a mortal man. Therefore we depict His flesh in ikons, which we venerate and honour with reverence and true faith.

Aposticha:

TONE TWO

to the special melody O house of Ephratah...

Fleeing, O ye faithful, from the corrupting mischief of the heretics, let us be illumined in our hearts by the light of Orthodoxy, as we give glory to God.

Verse: Ascribe unto the Lord, ye sons of God, ascribe unto the Lord glory and honour *(Psalm 28:1).*

The turbid delusion of Arius, of Macedonius, Peter, Severus and Pyrrhus, has been destroyed, and the light of the threefold Sun shines out.

Verse: Worship the Lord in His holy temple *(ibid.).*

The heretics with their false teaching no longer boast with pride; for, at the decision of Theodora, God has given a rod of strength to the Orthodox.

Glory be to the Father... Now and ever...

Theotokion

SAME TONE

By giving birth to God the Word, O Theotokos, thou hast exalted the horn of the humble: therefore we all honour thee in faith and magnify thee.

Apolytikion (troparion) of the Sunday of Orthodoxy:

TONE TWO

We venerate Thy holy ikon, loving Lord, asking Thee to pardon our transgressions, Christ our God. For Thou of Thine own will wast pleased in the flesh to ascend upon the Cross, so to deliver from the bondage of the enemy those whom Thou hast fashioned. Therefore in thanksgiving we cry aloud to Thee: Thou hast filled all things with joy, our Saviour, when Thou hast come to save the world.

And the Dismissal.

MONDAY IN THE SECOND WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of repentance in the Tone of the week (see THE LENTEN TRIODION, *pp. 668-99).*

After the second reading from the Psalter, the following sessional hymns:

TONE FOUR

I entreat Thee in Thy compassion, O Christ, through true fasting and repentance restore to life my soul, slain by the fruit of disobedience. Grant me ever to walk in the straight path of Thy holy commandments; that so, in the company of all that love Thee, I may share in Thy divine glory, and praise Thy goodness toward all men, O Jesus.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

Tossed in the tempest of the passions, deaf to the voice of my conscience, I call fervently upon thee, O pure Virgin. Suffer me not to perish in my wretchedness, for thou hast borne the Lord whose mercy has no limit. I have no other hope but thee; in thee I put my trust. Let not my enemies triumph over me and mock me. All that thou willest thou hast power to do, for thou art the Mother of the God of all.

After the third reading from the Psalter, the following sessional hymns:

TONE SIX

As we set out upon the second week of the Fast, direct our steps, O Lord: shine upon us with the sanctifying light of Thy commandments, and make us worthy to offer on bended knees a prayer acceptable to Thee; for Thou art our Father and we are Thy sons. With fear we sing Thy praise and call upon Thy Name.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

Gabriel's message to the Virgin was the beginning of salvation; for she heard his greeting 'Hail!' and did not reject his salutation. She did not doubt like Sarah in the tent, but she replied: 'Behold the handmaid of the Lord; be it unto me according to thy word.' [1]

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-canticled Canons from the Triodion; we sing the first Biblical Canticle (Exodus 15:1–19).

CANTICLE ONE
First Canon
TONE FOUR
by Joseph

Irmos: Drown the three chief commanders...

O Thou who alone art full of love, fountain of mercy, Lamb of God, who in Thy divine power takest away the transgressions of the world, save me, for I am sinking in the waves of sin, and guide me to the haven of repentance. [2]

As Christ has taught us in the Scriptures, a pure fast means the putting away of sin, the rejection of the passions, love for God, attentiveness in prayer, tears of compunction, and acts of mercy to the poor. [3]

My soul has been wounded by the sword of sin and disfigured by the stain of many evils. O Physician of our souls, heal it in Thy mercy and apply the remedy of Thy wise commandments, for Thou lovest mankind.

Theotokion

O most holy Virgin, Tabernacle undefiled, with the fountain of thy mercy wash me clean from the defilement of evil passions: destroy the sin that lies deep within me, O Lady, and grant me many tears of compunction.

[1] LUKE 1:28, 38; GEN. 18:9-15.
[2] JOHN 1:29.
[3] ISA. 58:6-7; MATT. 6:1-18.

Another Canon
TONE SIX
by Theodore

Irmos: He is for me unto salvation Helper and Protector...

Brethren, let us enter with eagerness upon the second week of the light-giving Fast; and rejoicing in the feast which we kept yesterday, with holy gladness let us sing in praise of Christ.

Having come to the season of fasting and compunction, let us weep bitterly and groan aloud. Let us stretch out our hands to the only Redeemer, that He may save our souls.

Glory be to the Father...

Unity in three Persons, sovereign Lord of all, Source of perfection, God without beginning, Father, Son and All-Holy Spirit, do Thou Thyself save us.

Now and ever...

Theotokion

Who has ever begotten a son not sown by a father according to the law of nature? Yet such a Son the Father begets without a mother. Most strange and marvellous wonder! For thou, pure Virgin, hast at the same time borne both God and man.

Glory to Thee, our God, glory to Thee.

O my Christ, how shall I bear Thine anger when Thou comest as Judge? And what shall I say then, for I have not obeyed Thy will, O Christ? But before the end forgive me.

Irmos: He is for me unto salvation Helper and Protector. He is my God and I glorify Him, God of my fathers is He, and I exalt Him, for He is greatly glorified.

CANTICLE EIGHT

Irmos: O all-powerful Deliverer of all...

Journeying upon the uncertain path of life, I have fallen among thieves, and am despoiled by my own thoughts; my wounds stink and are corrupt. O Physician of the sick, at the prayers of all Thy saints give me Thine hand. [1]

The waves of grievous sin confuse my understanding; save me, O Jesus, as once Thou hast saved Peter, for I sing to Thee: O all ye works, bless ye and praise ye the Lord.

[1] LUKE 10:30.

Let us kill the passions by abstinence, and through fasting let us make our spirit mount on wings to heaven; and let us cry with contrite hearts: We have sinned against Thee, O God; in Thy compassion forgive us.

Theotokion

Coming to dwell within thy womb, the Most High made thee more spacious than the heavens. He has appointed thee, O Virgin, as an invincible protection unto those that cry: O all ye works, bless ye and praise ye the Lord.

Second Canon

Irmos: The hosts of heaven give Him glory...

Deliver my soul from enslavement to the tyranny of the passions, O Lord, that I may freely do Thy will and with rejoicing glorify Thy power for ever.

O my soul, hate the incontinence of Esau and emulate the virtues of Jacob; catch Beelzebub by the heel and throw him down; through abstinence grow rich in things divine and sing praises unto God for ever. [1]

We bless the Lord, Father, Son and Holy Spirit.

I honour God one in Essence; I sing the praises of the three Persons, distinct from one another yet not differing in Nature, for there is one Godhead and one Power in the three, Father, Son and Spirit.

Now and ever...

Theotokion

From thy womb filled with radiance, Christ has come forth as a bridegroom from his chamber, and as a great light He has illumined those in darkness. As lightning has the Sun of righteousness shone out, O pure Virgin, and given light to the world. [2]

Glory to Thee, our God, glory to Thee.

No man became foolish through drinking water, but thou, O Noah, hast exposed thy nakedness after tasting wine; and because of drunkenness Lot sowed seeds of evil. Flee, O my soul, from their example and sing in praise of Christ. [3]

We praise, bless and worship the Lord...

[1] GEN. 25:26, 30-34; 27:36; 30:43.
[2] PS. 18:6; ISA. 9:2; MAL. 4:2.
[3] GEN. 9:21; 19:31-36.

Irmos: The hosts of heaven give Him glory; before Him tremble cherubim and seraphim; let everything that has breath and all creation praise Him, bless Him, and exalt Him above all for ever.

CANTICLE NINE

Irmos: Eve through the sickness of disobedience...

Let us fast from the rage of the passions, let us delight in unfeigned love, let us feed the poor with bread; and, nourished by the grace of God, with weeping let us quench the tears of future punishment.

O miserable soul, groan aloud, be of sad countenance, and give proof of thy repentance, for the day is now at hand. With all severity the Judge will sit upon His throne and assign to each the due reward of all his actions, as it is written. [1]

I have acquired no good deeds, but have stained the robe with which I was clothed in Holy Baptism. I walk in the darkness of ignorance: raise me up from my despair, O Lord, and guide me on my way by the light of Thy countenance.

Theotokion

O Virgin Mary, Queen of all, I am enslaved by every kind of sin: set me free, for in ways beyond our understanding thou hast given birth to the Lord who saves our souls, the true and living Goodness.

Second Canon

Irmos: Conception without seed...

As soldiers of Christ let us now suffer hardship: for quickly will the time pass by, and on those who have fought bravely Christ will bestow crowns of victory, when He comes in glory upon the earth to judge all the world.

I am all wounded, O my Christ, I am all covered with sores: heal the wounds inflicted on me by the passions, heal the sores and gangrene of my sins, and like the leper may I hear Thee say: 'I will do so, be thou clean.' [2]

Glory be to the Father...

O Father, single only-Begetter of the only-Begotten Son; O only Light and Brightness from the one and only Light; and Thou, one and only Holy Spirit from the one God, true Lord from the Lord: O holy Three in One, save me as I tell of Thy divinity.

[1] DAN. 7:9; 1COR. 3:8.
[2] MATT. 8:3.

Now and ever...

Theotokion

The marvel of thy childbearing fills me with wonder, O all-blameless Lady. How hast thou conceived without seed Him whom none can comprehend? How hast thou remained a Virgin and yet become a Mother? 'Accept the miracle with faith, and worship the Child that is born: for all that He wills, He has the power to do.'

Glory to Thee, our God, glory to Thee.

O my soul, because of fasting Moses beheld God; because of fasting Elijah rode in the chariot of fire, and Paul was taken up to heaven. Therefore let us fast from evil and we also shall be taken up on high, gaining freedom from the passions. [1]

Irmos: Conception without seed; nativity past understanding, from a Mother who never knew a man; childbearing undefiled. For the birth of God makes both natures new. Therefore, as Bride and Mother of God, with true worship all generations magnify thee.

Aposticha:

TONE FIVE

Prayer and fasting are a marvellous weapon. Through them Moses became writer of the Law and Elijah a fiery enemy of false sacrifice. Let us persevere in them, ye faithful, and cry unto the Saviour: Against Thee only have we sinned; have mercy on us *(twice)*. [2]

To the Martyrs

Blessed is the army of the heavenly King: for though the victorious martyrs were born of this earth, yet despising their bodies they made haste to attain to the angelic estate; and through their sufferings they were counted worthy of the honour of the bodiless angels. At their prayers, O Lord, save our souls.

Glory be to the Father... Now and ever...

Theotokion

O blessed among women, we entreat thee as the Mother of God: pray for the salvation of our souls.

[1] Exod. 24:15-18; 33:18-23; 3(1)Kgs 19:8; 4(2)Kgs 2:11; 2Cor. 12:2-4.
[2] Exod. 24:18; 31:18; 3(1) Kgs 18:36-40; 19:8; Ps. 50:6.

SIXTH HOUR

Troparion of the Prophecy:

TONE FIVE

O Thou who alone hast created our hearts, remember that we are dust. Condemn us not to the lowest depths of the earth, O sinless Lord.

Glory be to the Father... *Repeat.* Now and ever...

Prokimenon (Psalm 21):

TONE SIX

Ye that fear the Lord, praise Him: all ye seed of Jacob, glorify Him.

Verse: O God, my God, attend to me: why hast Thou forsaken me?

Lesson: Isaiah 4: 2 – 5: 7.

Prokimenon (Psalm 22):

TONE SIX

Thy rod and Thy staff have comforted me: Thou hast prepared a table before me.

Verse: The Lord is my shepherd, therefore shall I lack nothing.

VESPERS

To Lord, I have cried, *six stichera are sung, the first three being from the Triodion:*

TONE EIGHT

by Joseph

To what shalt thou be likened, wretched soul, indolent and doing nothing good, but seeking always to continue in evil? Judgement is at the door, repent: cleanse thyself by prayer and fasting, and cry to thy Master: I have sinned against Thee; pardon me in Thy compassion and grant me forgiveness.

Wider than the sea is Thy lovingkindness: dry up the evil sea of my transgression, for Thou, O Christ my God, art free from sin. Confer

upon my heart compunction, to restrain the headlong torrent of my wickedness, that I may sing Thy praises and glorify Thine ineffable compassion, O longsuffering Benefactor of our souls.

SAME TONE
by Theodore

Leading us through the time of the Holy Fast, O God, Thou hast enabled us to enter on its second week. Grant, O Lord, that in the weeks to come we may run the race with all our power. Give to our souls and bodies grace and strength, that with good courage and in joy we may complete the course and come to the royal day of Thy Resurrection; and wearing crowns of victory we shall praise Thee without ceasing.

Then three stichera to the saint of the day from the Menaion. Glory be to the Father... Now and ever...; *and the Theotokion from the Menaion.*

Prokimenon (Psalm 23):

TONE ONE

The Lord strong and mighty, the Lord mighty in battle.

Verse: The earth is the Lord's, and the fullness thereof.

Lesson: Genesis 3: 21 – 4: 7.

Prokimenon (Psalm 24):

TONE SIX

Look upon me, and have mercy upon me: for I am desolate and poor.

Verse: Unto Thee, O Lord, have I lifted up my soul.

Lesson: Proverbs 3: 34 – 4: 22.

Aposticha:

TONE THREE

Let us keep a spiritual fast: let us loose every bond; let us avoid the stumbling blocks of sin; let us absolve our brothers from their debts, that we too may be forgiven our transgressions. Then we shall be able to cry aloud to God: Let our prayer be set forth in Thy sight as incense, O Lord *(twice)*. [1]

[1] Isa. 58:6; Matt. 6:12; Ps. 140:2.

To the Martyrs

The prophets, the apostles of Christ and the martyrs have taught mankind to sing the praises of the consubstantial Trinity; they have given light to the nations that were gone astray and they have made the sons of men companions of the angels.

Glory be to the Father... Now and ever...

Theotokion

Forget not utterly thy people in their poverty, O Lady, but by thine intercessions deliver us from future danger and from present harm; and save, O Theotokos, thy servants from the wrath of the Lord.

TUESDAY IN THE SECOND WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of repentance in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE EIGHT

Restraining the passions with the bridle of pure fasting, let us all strive to raise our mind in perfect faith to holy contemplation. Let us despise the pleasures of this earthly life, that we may gain the heavenly life and divine illumination.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

Through the great number of my wicked and unlawful acts, I have fallen into the troubled waters of despair. I am utterly perplexed and held captive by despondency. O sovereign Lady Theotokos, save and help me, for through thee sinners receive atonement, cleansing and salvation.

After the third reading from the Psalter, the following sessional hymns:

TONE EIGHT

Setting before us a mystic table, the Fast invites us all to take our fill. Our food shall be the everlasting gifts of the Spirit; our drink, divinely flowing streams of tears. Let us make glad and without ceasing offer praise to God.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

Save us, most holy Virgin, from all the threats and wickedness of men. For to thee, and to thy Son and our God, we flee for refuge, Mother of God: thou art our guardian and protector. Pray to Him that we may be delivered from dangers and distress.

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-canticled Canons from the Triodion: we read the second Biblical Canticle (Deuteronomy 32:1-43).

CANTICLE TWO
First Canon
TONE EIGHT
by Joseph

Irmos: See now, see that I am your God, before all ages begotten from the Father, and in the last times conceived without man by the Virgin: and I have destroyed the sin of Adam the forefather in My love for mankind.

Groan and weep, my soul, turn back and repent. The day is at hand, the Judge is at the door. Make ready thine answer and cry aloud: I have sinned against Thee, O merciful Lord, compassionate and loving: do Thou take pity on me.

O my soul, hate the destructive surfeiting of sin, and rejoice in the strict observance of the Fast. Take as thy food the commandments of salvation, which will enable thee through faith to enjoy eternal blessings.

O ye angels, powers and principalities, archangels, dominions and thrones, rulers, cherubim and seraphim, pray to God, the Giver of all good, that we may be granted remission of our sins and release from the passions. [1]

Theotokion

O all-blameless Lady, thou alone hast borne the eternal Word. He took flesh from thee, yet without changing He continued as He was before: and thou hast not known man, but hast remained a virgin after bearing child. Pray for us all that our life may be delivered from corruption.

Another Canon
SAME TONE
by Theodore
Same Irmos.

We have seen and we know that out of love for us Thou hast appointed this season to bring us to repentance. Receive, O merciful God, the prayers which we offer in the Fast: may they be set forth in Thy sight as fragrant incense and an acceptable sacrifice. [2]

[1] ROM. 8:38; COL. 1:16.
[2] PS. 140:2; PHIL. 4:18.

I tremble and am full of fear when I reflect how greatly I have sinned. How shall I meet Thee? How shall I stand before Thy judgement seat where there is no respect of persons? Spare me, then, O merciful Lord, in the hour when Thou shalt come to judge all the earth.

Glory be to the Father...

Unity in three Persons, supreme in Godhead and surpassing all perfection, Father unbegotten, Son only-begotten, Spirit proceeding from the Father and made manifest through the Son: single in Essence and in Nature, one Lordship and one Kingdom, save us all.

Now and ever...

Theotokion

The wonder of thy conceiving is past speech, O Mother and Virgin: for how hast thou given birth and yet remained undefiled? How dost thou bear child, without knowing a man? 'All this is understood by the Word of God, who was born from me in a new way, surpassing nature.'

Glory to Thee, our God, glory to Thee.

When the men of Nineveh repented and fasted, Thou hast delivered them from the wrath that threatened them; but Thou hast consumed with fire the men of Sodom in their wanton shamelessness. Deliver me, O Christ, from the punishment which they suffered. [1]

Irmos: See now, see that I am your God, who have sanctified for you the tenth part of the days of every year as acceptable first-fruits: and this commandment have I given to My people for their deliverance from the passions and as a beginning of salvation.

CANTICLE EIGHT

Irmos: Inspired by God, the Children in the furnace...

Thou hast justified the Publican who groaned aloud, and hast taken pity on the Harlot who wept from her heart. O Saviour, save and take pity on the souls of those who sing Thy praises. [2]

By fasting let us bring to the Lord the fruit of our virtuous deeds. Let us refrain from harmful thoughts, that we may share in perfect joy.

The choirs of the angels, the company of the apostles and the army of the martyrs entreat Thee, O Jesus, to give Thy people pardon.

[1] JONAH 3:5; GEN. 19:24.
[2] LUKE 18:13-14; 7:38.

Theotokion

With all the faithful, let us bless the Virgin: for she is the Mountain not cut by the hand of man, the Candlestick that bore the Light, the Ladder easy to climb, the dwelling-place of God. [1]

Second Canon

Irmos: Glorified in the holy mountain...

On this solemn day of abstinence let us all blow the trumpet and sing hymns: and keeping festival with holy joy, let us praise the Lord and exalt Him above all for ever. [2]

Of old the man of God was led astray by the prophet and ate the food of disobedience, and he was devoured by a lion. Be watchful, then, my soul, and suffer not the serpent of gluttony to deceive thee. [3]

We bless the Lord, Father, Son and Holy Spirit.

As Unity in Essence I sing Thy praises; as Trinity in Persons I venerate Thee, Father, Son and All-Holy Spirit. The power of Thy Kingdom that has no beginning I glorify unto all ages.

Now and ever...

Theotokion

O Theotokos, thou hast become the Mountain of God in which Christ came to dwell; and He has made into divine temples all those who sing: Praise ye the Lord and exalt Him above all for ever. [4]

Glory to Thee, our God, glory to Thee.

Come, ye people, let us greet the Fast with love, for it is the guardian of purity and the mother of dispassion; and let us praise the Lord and exalt Him above all for ever.

We praise, bless and worship the Lord...

Irmos: Glorified in the holy mountain, the Lord revealed the mystery of the Ever-Virgin to Moses in the burning bush: praise and exalt Him above all for ever.

CANTICLE NINE

Irmos: The burning bush upon the mountain...

[1] Dan. 2:34-35, 45; Exod. 25:31; Heb. 9:2; Gen. 28:12.
[2] Joel 2:15.
[3] 3(1)Kgs 13:24.
[4] Ps. 47:2; 67:16-17; Dan. 2:34-35, 45; 1Cor. 3:16.

The holy Fast enriches our heart, and makes it by the power of God increase in virtue, like a full ear of wheat. Let us therefore fast with gladness in these holy days, and so receive sanctification.

I am defiled by many sins, wounded and under condemnation. Look upon me in Thy mercy, O compassionate Lord: take pity and save me by the prayers of Thy saints.

Alas for thee, most miserable soul, what answer shalt thou make? What fear will seize thee, when the Judge is seated on His throne and ten thousands of the angels stand at His side! Make haste, then, and repent before the end. [1]

Theotokion

O chariot of the King, cloud of light, rich mountain, hill flowing with milk, we entreat thee, O Virgin who hast not known marriage: heal the passions of our souls. [2]

Second Canon

Same Irmos

Let us keep a true fast before the Lord: let us abstain not only from food but from angry speech and lying, and from every other passion, that we may behold Easter in purity.

Fasting bore Samuel as fruit; through fasting Samson grew up brave and strong; through fasting priests and prophets were made perfect: and through the holy Fast may we also be sanctified. [3]

Glory be to the Father...

O Lord, the threefold Brightness of Thy single Power shines on our mind with the light of revelation; it turns us from the error that divides, and brings us to the divine life that unites.

Now and ever...

Theotokion

O Theotokos, thou art our armour and our rampart; thou art the defence of those that run to thee. And now we implore thine intercession, that we may be delivered from our enemies.

Glory to Thee, our God, glory to Thee.

The Holy Spirit calls us to the rich banquet of the Fast: with gladness let us take our fill from His gifts of grace and sing His praises as our God.

[1] Dan. 7:9-10.
[2] Isa. 19:1; Ps. 67:16, 18 (Sept.).
[3] 1Kgs (1Sam.) 1:7; Judg. 13:7.

Irmos: The burning bush upon the mountain revealed in prophecy to the Giver of the Law Christ's birth from the Ever-Virgin for our salvation: and with never-silent songs of praise we magnify Him.

Aposticha:

TONE FIVE

In thine idleness, my soul, why art thou become a slave of sin? And in thy sickness why dost thou not run to the physician? Behold, now is the accepted time; behold, now is the true day of salvation. Rise up and wash thy face with tears of repentance, and make thy lamp burn brightly with the oil of good deeds, so that Christ our God may grant thee cleansing and great mercy *(twice)*. [1]

To the Martyrs

Thy victorious martyrs, O Lord, imitated the life of the angelic hosts: with patience they endured the tortures as though they had no body, setting all their hope in the blessings Thou hast promised. At their prayers, O Christ our God, grant peace to Thy world, and to our souls great mercy.

Glory be to the Father... Now and ever...

Theotokion

We call thee blessed, O Virgin Theotokos, and with all the faithful we give thee glory as is right. Thou art the city that never shall be shaken, the rampart that the enemy shall never overcome, the sure protection and the refuge of our souls.

SIXTH HOUR

Troparion of the Prophecy:

TONE SIX

We cannot sing Thy praises as we should, but as suppliants we entreat Thee: Destroy us not in our iniquities, O Lord, for Thou art always ready to forgive.

Glory be to the Father... Now and ever... *Repeat.*

[1] 2Cor. 6:2; Matt. 6:17; 25:1-13.

Prokimenon (Psalm 25):

TONE FOUR

Lord, I have loved the beauty of Thy house, and the dwelling-place of Thy glory.

Verse: Judge me, O Lord, for I have walked in innocence.

Lesson: Isaiah 5: 7 – 16.

Prokimenon (Psalm 26):

TONE THREE

The Lord is my light and my salvation: whom shall I fear?

Verse: The Lord is the defender of my life: of whom shall I be afraid?

VESPERS

To Lord, I have cried, *six stichera are sung, the first three being from the Triodion:*

TONE ONE

by Joseph

O Christ, Thou hast stretched out Thy sinless hands upon the Cross, gathering together the ends of the earth. Therefore I cry unto Thee: Gather together my scattered mind, taken captive by the passions; cleanse me in every part through abstinence, and make me a sharer in Thy sufferings.

Fasting gave strength to the Children in Babylon of old and made them, as it is written, mightier than the flames of fire. Fast, then, my humble soul, kindling within thyself love for the Master, and thou shalt escape from the Gehenna to come and burn up the destroying passions. [1]

TONE THREE

by Theodore

The season of the Fast is one of gladness. In shining purity and unfeigned love, filled with the light of prayer and every virtue, with rejoicing let us cry aloud: Most Holy Cross of Christ, that hast brought us life and joy, count us all worthy to venerate thee with pure hearts, and grant us forgiveness and great mercy.

[1] DAN. 1:8-16; 3:27.

Then three stichera to the saint of the day from the Menaion. Glory be to the Father... Now and ever...; *and the Stavrotheotokion from the Menaion.*

Prokimenon (Psalm 27):

TONE SIX

O Lord, save Thy people and bless Thine inheritance.

Verse: Unto Thee have I cried, O Lord, my God.

Lesson: Genesis 4: 8 – 15.

Prokimenon (Psalm 28):

TONE SEVEN

The Lord will give strength unto His people; the Lord will bless His people with peace.

Verse: Ascribe unto the Lord, ye sons of God, ascribe unto the Lord glory and honour.

Lesson: Proverbs 5: 1 – 15.

Aposticha:

TONE THREE

When Thou wast crucified in the flesh, O Lord, Thou hast crucified our fallen nature with Thyself; when Thy side was pierced by the spear, Thou hast pierced the serpent that destroyed mankind. Nail my flesh with the fear of Thee and wound my soul with Thy love, that, gazing on Thy Passion, in abstinence I may pass through the appointed time of the Fast, governing not my stomach only, but all the other entrances of sin. Repenting over my past sins, may I offer Thee in sacrifice a humble spirit and a contrite heart. O deliver me from my offences in Thy love for mankind *(twice)*. [1]

To the Martyrs

The prophets, the apostles of Christ and the martyrs have taught mankind to sing the praises of the consubstantial Trinity; they have given light to the nations that were gone astray, and they have made the sons of men companions of the angels.

Glory be to the Father... Now and ever...

[1] Rom. 6:6; Ps. 50:19.

Stavrotheotokion

Seeing thy Son hanging upon the Tree, O undefiled Virgin, lamenting thou hast cried aloud: 'Where is Thy light-giving beauty gone, with which Thou hast adorned man's nature, O my beloved Child?'

WEDNESDAY IN THE SECOND WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of the Cross in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE ONE

Stretched and slain upon the Cross, O Christ, Thou hast slain the serpent our enemy, the source of evil, and those killed by his sting Thou hast restored to life. Therefore I entreat Thee, Saviour: Give life to my deadened soul, for to Thee I turn in prayer and fasting.

Glory be to the Father... *Repeat.* Now and ever...

Stavrotheotokion

When the Ewe saw Thee her Lamb, O Christ, hanging upon the Cross between two malefactors, she cried aloud weeping and lamenting bitterly: 'O dearest Child, what is this wonder that I see?' 'O most pure Mother,' so Thou hast replied, 'this same wonder shall bring life to all the world.'

After the third reading from the Psalter, the following sessional hymns:

TONE THREE

As we pass through the solemn time of abstinence, let us blow the trumpet and loudly cry: Through the Fast life has blossomed in the world, and the death that comes from self-indulgence is destroyed. By the power of Thy Cross, O Christ the Word, guard Thy servants in the Fast. [1]

Glory be to the Father... *Repeat.* Now and ever...

[1] JOEL 2:15.

Stavrotheotokion

By Thine own free choice, O compassionate Christ, Thou hast endured a shameful death upon the Cross; and when Thy Mother saw Thee she was wounded in her heart and, beating her breast, with a mother's sorrow she lamented. At her prayers, through Thy tender mercy have pity on the world and save it, for Thou dost take away its sin. [1]

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-canticled Canons from the Triodion; we sing the third Biblical Canticle (1Kings 2:1-10). [2]

CANTICLE THREE
First Canon
TONE ONE
by Joseph

Irmos: Let my heart be established in Thy will...

O Word of God, supreme in love, Thou hast stretched out Thine hands upon the Cross, and in Thy mercy and compassion Thou hast slain the sin of Adam, who of old stretched out his hand to the tree of knowledge. [3]

Firmly establish my understanding, for it has been shaken through the envy of the serpent. By Thy Passion subdue the assaults of the passions, for through Thy sufferings Thou hast granted to the faithful freedom from the passions.

The grace of the Fast shines upon us, driving out the darkness of sinful self-indulgence. Behold, now is the accepted time and the day of salvation. Let us bring forth fruits of repentance and we shall live. [4]

Theotokion

I have fallen from the cliff of lust, and through my grievous sins I have plunged into the abyss. O pure Virgin, restoration of the fallen, raise me up and lead me back to life.

[1] JOHN 1:29.
[2] IN THE HEBREW TEXT AND IN THE AUTHORIZED VERSION 1SAM. 2:1-10.
[3] GEN. 3:6.
[4] 2COR. 6:2; MATT. 3:8.

Another Canon
TONE THREE
by Theodore

Irmos: Firmly establish our hearts, O Lord...

By Thy Cross, O Lord, firmly establish our hearts, that we may not turn away from Thee to evil thoughts or wicked acts.

When they beheld Thy Passion, O Master, heaven and earth were altered visibly, and bore witness that Thou art in truth the King of all. [1]

Glory be to the Father...

O Most Holy Trinity, equal in honour and without beginning; O Unity, Creator of life and Source of light, Father, Son and Spirit, save me.

Now and ever...

Theotokion

O Mother of God who hast not known man, thou alone hast borne God, yet hast not lost the incorruption of thy pure virginity; but thou hast remained inviolate, as thou wast before childbirth.

Glory to Thee, our God, glory to Thee.

I venerate and praise Thy scarlet robe, O Jesus, the nails and the Cross, the sponge and the lance, that have given life to all the world.

Irmos: Firmly establish our hearts, O Lord, and give us light that we may sing Thy praise and glorify Thee for ever, O Saviour.

CANTICLE EIGHT

Irmos: Christ our God preserved the Children who sang His praises...

In the abundance of Thy mercy Thou hast accepted to be numbered with the transgressors: blot out my sins, that in faith I may glorify Thee for ever. [2]

With the lance that pierced Thy side, tear up the record of my sins, O Lord, and heal the agony of my heart that is pierced by evil demons with the arrow of wickedness. [3]

With the blood that flowed from Thy side, wash clean my heart, blackened by the defilement of sin, that I may glorify Thee for ever.

Theotokion

O Virgin, unhusbanded thou hast borne the heavenly Ear of wheat who feeds all things by His divine power: fill my hungry and humiliated soul.

[1] MATT. 27:45, 51.
[2] ISA. 53:12; MARK 15:28.
[3] COL. 2:14.

Second Canon

Irmos: In His divine power the Lord descended...

Rejoice, O Cross, for by thy power the thief in a single moment acknowledged Christ's divinity, crying: 'Lord, remember me in Thy Kingdom.' Make us also sharers in that Kingdom. [1]

Pierced with a spear, O Christ, Thou hast turned back the sword of fire and opened Paradise again to mortal men. Let us enter there and rejoice for ever in the immortal life that comes from Thee. [2]

We bless the Lord, Father, Son and Holy Spirit.

With the Father we worship the Son and the Holy Spirit in unity of essence, and from our mouths of clay we cry without ceasing: Glory in the highest to God in Trinity.

Now and ever...

Theotokion

Thou alone, O full of divine grace, hast given birth while still remaining virgin. O great mystery, dread and marvellous! For thou hast borne God made flesh, the Saviour of the world.

Glory to Thee, our God, glory to Thee.

O Cross of Christ, the hope of the ends of the earth, grant that through thy piloting we may pass calmly over the sea of the holy Fast, and save us from the tempest of sin.

We praise, bless and worship the Lord...

Irmos: In His divine power the Lord descended into the flames and was seen walking with the Children of the Hebrews: O ye priests, bless and exalt Him above all for ever.

CANTICLE NINE

Irmos: Let us honour in hymns the Theotokos...

Elisha, so it is written, after fasting brought the dead child back to life: let us also fast, killing all our carnal thoughts, that in the Age to come we may receive eternal life. [3]

Woe to thee, my soul! Fearful is the court of judgement, and terrible the sentence of the Judge. Make haste, repent, be reconciled to Christ, who was nailed for thy sake on the Cross and has delivered the faithful from condemnation.

[1] Luke 23:42.
[2] Gen. 3:24..
[3] 4(2) Kgs 4:32-36.

O Christ who at Thy Crucifixion hast granted the thief a swift and easy entry into Paradise, open unto me the gates of repentance and close within me the doors through which the passions enter, that I may glorify Thy love.

Theotokion

I am cast into the deep waters of sin; I am tossed to and fro by adverse thoughts; I have become obedient to demons and the slave of pleasure. Help me, O pure Virgin Mother, and guide me to the path of salvation.

Second Canon

Irmos: In the bush upon Mount Sinai...

O Thine own will wast Thou given up, and Thou hast surrendered Thyself to Thy murderers; standing before the judgement seat, Thou wast struck by the hands which Thou hast made. Thou wast crucified and mocked, and pierced by the lance, O Lord; Thou hast suffered in the body, enduring all things in Thy tender love, so as to save us.

The hosts of angels trembled when they saw Thee on the Cross. The lights of heaven hid their brightness, the earth quaked, and all things were shaken at the outrage done to Thee, Lord. By Thy divine sufferings, O God, Thou hast accomplished our salvation. [1]

Glory be to the Father...

The Trinity supreme in Godhead is by Essence an undivided Unity. Though single in Nature, it is distinguished in Persons; though indivisible, it is divided; though one, it is three: Father, Son and Spirit of Life, together guarding all things.

Now and ever...

Theotokion

Who has ever heard of a virgin that bore child and a mother that knew not man? O Mary, this miracle hast thou accomplished, but tell me how? 'Do not enquire into the mystery of my childbearing: it is altogether true, yet beyond man's understanding.'

Glory to Thee, our God, glory to Thee.

By Thy wounds have we all been healed from the passions of sin: for, raised upon the Cross, Thou hast struck down the enemy, the source of evil. Count us worthy to pass through the time of the Fast without condemnation, and so to reach the Resurrection. [2]

[1] MATT. 27:45, 51.
[2] ISA. 53:5.

Irmos: In the bush upon Mount Sinai Moses saw thee, who hast conceived within thy womb the fire of the Godhead, and yet wast not consumed. Daniel saw thee as a mountain not cut by hand of man, and Isaiah proclaimed thee as the Rod that blossomed from the root of David. [1]

Apposticha:

TONE SEVEN

Through Thy Cross, O Lord, Thou hast destroyed the death that came into the world when Adam ate from the forbidden tree in Paradise. Through this present Fast do thou deliver us from every pleasure that corrupts the soul; and, we entreat Thee, count us worthy to labour for the Food which endures unto eternal life, that we may obtain crowns of everlasting joy, which Thou hast prepared for those who truly fast *(twice)*. [2]

To the Martyrs

O victorious martyrs worthy of all praise, shining as the lights of heaven upon the inhabited earth, ye cry aloud to Christ: O Lord, glory to Thee.

Glory be to the Father... Now and ever...

Stavrotheotokion

When she saw Thee nailed of Thine own will upon the Cross, the all-pure Virgin lamented and sang the praises of Thy power.

SIXTH HOUR

Troparion of the Prophecy:

TONE SIX

O God Most High who dwellest in the heavens, who hast created everything that has breath, save us, for we have put our hope in Thee, our Saviour.

Glory be to the Father... Now and ever... *Repeat.*

[1] EXOD. 3:2; DAN. 2:34-35, 45; ISA. 11:1.
[2] JOHN 6:27.

Prokimenon (Psalm 29):

TONE FIVE

Unto Thee, O Lord, will I cry, and unto my God will I make supplication.

Verse: I will exalt Thee, O Lord, for Thou hast upheld me.

Lesson: Isaiah 5: 16 – 25.

Prokimenon (Psalm 30):

TONE SIX

In Thee, O Lord, have I put my trust: let me never be ashamed.

Verse: Deliver me in Thy righteousness and set me free.

VESPERS

To Lord, I have cried, *ten stichera are sung, the first six being from the Triodion:*

TONE ONE

Keeping a spiritual fast, O brethren, let us speak no lies with our tongue, not giving our brother cause for scandal; but through repentance let us make the lamp of our soul burn brightly, and let us cry with tears to Christ: Forgive us our trespasses in Thy love for mankind *(twice).*

To the Martyrs

O martyrs worthy of all praise, your bodies were not buried in the earth, yet heaven has received you; the gates of Paradise were opened to you, and entering within ye have eaten from the Tree of Life. Pray to Christ that He may grant peace and mercy to our souls. [1]

TONE THREE

by Joseph

At the prayers of Thy divine apostles, grant in Thy love, O merciful Lord, that we may spend the time of the Fast with truly contrite minds: so may we all be saved and glorify Thee.

Mighty and terrible shall be Thy Coming, O Lord, when Thou shalt sit in righteous judgement. Though I deserve punishment, condemn me not, but accept the prayers of Thine apostles and spare me, O God.

[1] GEN. 2:9.

TONE SIX

by Theodore

O apostles of Christ, shining lights to mortal men, treasuries of the wise knowledge of our God, filling the world with riches: through your holy prayers deliver us from temptation as we sing your praises, and guide us through the season of the Fast, watchfully guarding our lives in peace. So shall our prayers be acceptable to Christ as we celebrate His Passion, and with boldness we shall offer glory to our God.

Then four stichera to the saint of the day from the Menaion. Glory be to the Father... Now and ever...; *and the Theotokion from the Menaion.*

Prokimenon (Psalm 31):

TONE SIX

Be glad in the Lord and rejoice, ye righteous: and be joyful, all ye that are upright of heart.

Verse: Blessed are they whose transgressions are forgiven.

Lesson: Genesis 4: 16 – 26.

Prokimenon (Psalm 32):

TONE ONE

Let Thy mercy, O Lord, be upon us, for we have set our hope in Thee.

Verse: Rejoice in the Lord, ye righteous: it is fitting for the just to give praise.

Lesson: Proverbs 5: 15 – 6: 3.

And the rest of the Liturgy of the Presanctified.

THURSDAY IN THE SECOND WEEK

MATTINS

After the first reading from the Psalter, the following sessional hymns:

TONE THREE

Christ the Vine bore you as clusters of grapes, and ye give to the earth the new wine of salvation, O God-bearing apostles. I entreat you, therefore, to deliver me from the drunkenness of sensual pleasures; grant to my soul tears of compunction on this holy day of the Fast, that I may gain salvation and life. [1]

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

I call to mind the measureless riches of thy compassion and the unconquerable strength of thy power, and I run to thee for protection. Oppressed by troubles and utterly perplexed, with tears I cry from the depths of my heart: O Virgin Theotokos, help me, for thou art the only Guardian of the world.

After the third reading from the Psalter, the following sessional hymns:

TONE EIGHT [2]

Be merciful to us, O Lord, in this holy season, give us grace always to weep before Thee from our hearts, washing away the defilement of our souls, and growing ever more obedient to Thy holy commandments, that in our fasting we may truly please Thee: and grant us all to see Thy Holy Passion, at the prayers of Thine apostles who brought salvation to the world. Glory to Thee.

Glory be to the Father... *Repeat.* Now and ever...

[1] JOHN 15:1-5.
[2] IN THE SLAV BOOKS, TONE SIX.

Theotokion

O pure and holy Theotokos, Virgin and Mother, cause the fountain of thy compassion to flow plenteously upon us, and grant us the remission of our faults: for thou art our Guardian and divine Protection.

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-Canticled Canons from the Triodion; we sing the fourth Biblical Canticle (Habakkuk 3:1-19).

CANTICLE FOUR
First Canon
TONE THREE
by Joseph

Irmos: Wast Thou angry with the rivers...

Let us cease from the drunkenness of soul-destroying pleasures, and by fasting let us drink deeply from the cup of compunction.

O my soul, fast from all excess of food, and take thy delight in the contemplation of what is good; and thou shalt eat at the heavenly table.

O divine apostles of the Saviour, blazing coals of spiritual fire, burn up the grossness of my passions.

Theotokion

O pure Virgin Mother of God, from thine own flesh hast thou given flesh to Christ: put to death the passions of my flesh.

Another Canon
TONE SIX
by Theodore

Irmos: The prophet heard of Thy coming, O Lord...

O twelve apostles, Peter, Paul, James and John, Andrew, Bartholomew, Philip, Thomas and Matthew, James with Simon and Jude, pray to Christ for our salvation.

O holy apostles, once ye let down your net and caught a hundred and fifty and three fishes; and now ye have let down the net of your teachings into the sea of life, and mystically ye have caught the nations of the earth, bringing them as an offering to the Lord. [1]

[1] JOHN 21:11.

Glory be to the Father...

I glorify the Son and the Spirit who come from the Father as light and ray from the sun; the One begotten as Offspring, the Other proceeding and sent forth; divine and coeternal Trinity, adored by all creation.

Now and ever...

Theotokion

O honoured Virgin, who hast given birth yet kept thy purity, thou hast borne both God and man, a single Person with a twofold Nature. This thy miracle, O Virgin Mother, fills every ear and mind with wonder.

Glory to Thee, our God, glory to Thee.

Through the radiance of your preaching ye have become the light of the world, as Christ said to you. O apostles, pray for us that with good courage we may complete the time of abstinence and venerate the Lord's Resurrection. [1]

Irmos: The prophet heard of Thy coming, O Lord, and he was afraid: how Thou wast to be born of a Virgin and revealed to men, and he said: 'I have heard the report of Thee and I was afraid.' Glory to Thy power, O Lord.

CANTICLE EIGHT

Irmos: In His divine power, the Lord descended...

Slain by many sins, I bear in life a soul that is dead. Take pity on me and help me with your lifegiving intercessions, O disciples of the Saviour and eyewitnesses of God.

Encompassed by a mist of sin, I have in very truth drawn near to the hell of despair. Therefore give me light, O mystic rays of the Sun of glory and eyewitnesses of God.

O miserable soul, abstain from the passions and be saved. For abstinence from food is not acceptable as a fast, unless we also correct our faults.

Theotokion

Moses in prophecy foresaw thee, Virgin Mother of God, as the burning bush: quench the furnace of my passions, snatch me from the fire of Gehenna, and save me. [2]

[1] MATT. 5:14.
[2] EXOD. 3:2.

Second Canon

Irmos: The hosts of heaven give Him glory...

As the twelve tribes came from Jacob, so has the company of the twelve apostles gone forth from Thee, O Christ, into the world. Through their preaching all the faithful have been born again, and they sing Thy praises for ever.

Ye have overthrown the chariots of the invisible Pharaoh as in the Red Sea, O apostles, and ye have led the Lord's people into the land of the knowledge of God; and they sing His praises for ever.

We bless the Lord, Father, Son and Holy Spirit.

I honour God one in Essence, I sing the praises of the three Persons, distinct from one another yet not differing in Nature, for there is one Godhead and one power in the three, Father, Son and Spirit.

Now and ever...

Theotokion

From thy womb filled with radiance, Christ has come forth as a bridegroom from his chamber, and as a great Light He has illumined those in darkness. As lightning has the Sun of righteousness shone forth, O pure Virgin, and given light to the world. [1]

Glory to Thee, our God, glory to Thee.

Ye were initiated by Christ into the mysteries, and now ye are enthroned with Him on high, at all times making fervent intercession on behalf of us sinners. Pray for us, that we may complete the Fast with sincerity of heart. [2]

We praise, bless and worship the Lord...

Irmos: The hosts of heaven give Him glory; before Him tremble cherubim and seraphim; let everything that has breath and all creation praise Him, bless Him and exalt Him above all for ever.

CANTICLE NINE

Irmos: In the bush upon Mount Sinai...

O apostles, ye are rivers flowing from the spiritual Fountain and supplying living water to the pure in heart: through your prayers dry up the streams of my sin and lead me to the paths of salvation. [3]

[1] Ps. 18:6; Isa. 9:2; Mal. 4:2.
[2] Matt. 19:28.
[3] John 4:10; 7:38.

My miserable soul is tossed in the tempest of sin. O good Pilot, stretch out Thy right hand to me as once Thou hast to Peter; let not the deep waters of despondency cover me, and let me not become food for the monster that devours our souls, O most merciful Christ. [1]

The choir of the apostles prays to Thee, O Jesus King of all, and the ranks of angels entreat Thee: in the abundance of Thy mercies grant to Thy people deliverance from evil, amendment of life and a place in Thy Kingdom.

Theotokion

O pure Virgin Mother, Ark of holiness, in thee virginity and childbearing are combined in ways surpassing nature. Therefore I cry to thee in faith: Sanctify me wholly and deliver me from every operation of the passions that afflict me. [2]

Second Canon

Irmos: Conception without seed...

Living in the world as though ye had no body, ye were like angels in the flesh, O all-blessed apostles. Ye carried in your hearts the Word alone, and drew the nations to the one faith in Christ; and by your knowledge ye have proved the wise and eloquent to be fools.

O Peter, rock and foundation stone of the faith; O Paul, herald and teacher to the Gentiles; O sons of Zebedee, with the other eight apostles: pray fervently to Christ on our behalf, that we may complete the remainder of the Fast with all our strength. [3]

Glory be to the Father...

O Father, single only-Begetter of the only-Begotten Son; O only Light and Brightness from the one and only Light; and Thou, one and only Holy Spirit from the one God, true Lord from the Lord: O holy Three in One, save me as I tell of Thy divinity.

Now and ever...

Theotokion

The manner of thy childbearing fills me with wonder, O all-blameless Lady. How hast thou conceived without seed Him whom none can comprehend? How hast thou remained a Virgin and yet become a Mother? 'Accept the miracle with faith, and worship the Child that is born: for all that He wills, He has the power to do.'

[1] MATT. 14:31; JONAH 1:17.
[2] PS. 131:8.
[3] MATT. 16:18; ROM. 11:13.

Glory to Thee, our God, glory to Thee.

In the power of the Spirit ye went out to kings and rulers, fearing neither fire nor sword; as the Lord's chief captains, ye have put to flight all error and brought salvation to mankind, O all-blessed apostles.

Irmos: Conception without seed; nativity past understanding, from a Mother who never knew a man; childbearing undefiled. For the birth of God makes both natures new. Therefore, as Bride and Mother of God, with true worship all generations magnify thee.

Aposticha:

TONE EIGHT

In this season of repentance, let us stretch out our hands in works of mercy; and then the ascetic struggles of the Fast will bring us to eternal life. For nothing saves the soul so much as generosity to those in need, and almsgiving combined with fasting will deliver a man from death. Let us do all this with gladness, for there is no better way, and it will bring salvation to our souls *(twice)*.

To the Martyrs

Putting on the breastplate of the Faith and armed with the sign of the Cross, ye showed yourselves courageous fighters. Bravely ye resisted tyrants and cast down the delusions of the devil; and ye were rewarded with a victor's crown. Intercede with Christ on our behalf, for the salvation of our souls. [1]

Glory be to the Father... Now and ever...

Theotokion

I run to thy protection, O holy Virgin Theotokos, and I know that I shall find salvation: for thou, pure Lady, hast the power to help me.

SIXTH HOUR

Troparion of the Prophecy:

TONE ONE

Raise us up, for we are fallen; turn us back, for we have turned away from Thee, O God who lovest mankind and who holdest in unity the ends of the earth.

[1] 1Thess. 5:8; Eph. 6:13.

Glory be to the Father... Now and ever... *Repeat.*

Prokimenon (Psalm 33):

TONE SIX

I sought the Lord and He heard me: and delivered me from all my tribulations.

Verse: I will bless the Lord at all times; His praise shall ever be in my mouth.

Lesson: Isaiah 6: 1 – 12.

Prokimenon (Psalm 34):

TONE SIX

Awake, O Lord, and attend to my judgement : avenge Thou my cause, my God and my Lord.

Verse: Judge them, O Lord, that wrong me: fight against them that fight against me.

VESPERS

to Lord, I have cried, *six stichera are sung, the first three being from the Triodion:*

TONE FOUR

by Joseph

to the special melody Thou hast given an ensign...

Pierced in Thy side and hung upon the Tree, Thou hast poured out life upon me, who was slain by the malice of the serpent through eating from the Tree. Therefore I glorify Thee, O Christ, and entreat Thy loving-kindness: grant me with compunction to complete the Fast, and to venerate Thy Passion and Thy Rising.

The fruit of the Tree brought sorrow to the first-formed man, for Thou hast banished him from Paradise. But, nailed upon the Tree as man, O Saviour, Thou hast called him back to Paradise again. Therefore I cry out to Thee, Deliverer: Set me free from all my sorrow, cleansing me by fasting, tears and penitence, O most loving Jesus, the Saviour of our souls.

TONE FIVE

by Theodore

We sing the praises of Thy lifegiving Cross, O Lord, for it has slain death and caused life to blossom in the world. And now we offer this Thy Cross to Thee in intercession: in these holy days fortify us as we fast, and in the multitude of Thy mercies grant us strength against the passions and the victory of peace, for Thou lovest mankind.

Then three stichera to the saint of the day from the Menaion. Glory be to the Father... Now and ever...; *and the Stavrotheotokion from the Menaion.*

Prokimenon (Psalm 35):

TONE FOUR

Thy mercy, O Lord, is in the heavens: and Thy truth reaches unto the clouds.

Verse: Thy righteousness is like the mountains of God.

Lesson: Genesis 5: 1 – 24.

Prokimenon (Psalm 36):

TONE SIX

Wait on the Lord, and keep His way: and He shall exalt thee to inherit the earth.

Verse: Fret not thyself because of evildoers.

Lesson: Proverbs 6: 3 – 20.

Aposticha:

TONE FIVE

Our first parents did not fast from the Tree of Knowledge, as the Creator had commanded them; and because of their disobedience they harvested the fruit of death, being banished from the Tree of Life and the delight of Paradise. Therefore, O ye faithful, let us fast from the food that perishes and from the passions that destroy us, that we may reap life from the divine Cross, returning with the Good Thief to our ancient fatherland and receiving great mercy from Christ our God *(twice)*. [1]

[1] GEN. 2:9, 16-17; 3:17-24; JOHN 6:27; LUKE 23:43.

To the Martyrs

Despising every earthly thing, bravely withstanding torture, ye attained the blessedness for which ye hoped, and were made heirs of the Kingdom of Heaven, O martyrs worthy of all praise. Since ye have boldness before God who loves mankind, pray that peace be given to the world, and to our souls great mercy.

Glory be to the Father... Now and ever...

Stavrotheotokion

When the Ewe saw her own Lamb hastening to the slaughter, eagerly she followed Him and cried aloud: 'Where art Thou going, O my sweetest Child? O most beloved Jesus, sinless Lord, rich in mercy, O longsuffering Christ, why dost Thou go so swiftly and so fearlessly? Speak to Thy handmaiden, my well-beloved Son: do not pass Thy Mother by without a word, O all-compassionate God, who grantest to the world great mercy.'

FRIDAY IN THE SECOND WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of the Cross in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE FOUR

Through fasting raised above the passions that creep upon the earth, let us exalt the Lord who was exalted on the Cross and has raised up the world. With full awareness let us drink the cup of contrition; and let us call to mind the day and hour when we shall stand before the eternal Judge.

Glory be to the Father... *Repeat.* Now and ever...

Stavrotheotokion

When she beheld Thee hanging on the Cross, Thy Virgin Mother lamented bitterly and cried to Thee: 'What is this new and strange wonder, O my Son? How has the lawless people nailed Thee to the Cross, O Life of all, my sweetest Light?'

After the third reading from the Psalter, the following sessional hymns:

TONE FIVE

The grace of Thy Cross shines, O Lord, as lightning upon all the inhabited earth; it utterly destroys the power of devils, and in its strength we shall complete the Fast with ease.

Glory be to the Father... *Repeat.* Now and ever...

Stavrotheotokion

When the Mother who bore Thee without the pain of travail beheld Thee lifted on the Cross, she wept lamenting and she cried: 'Woe is me, my sweetest Son! Now am I wounded to the heart, seeing Thee nailed upon the Cross as an evildoer between two malefactors.'

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-canticled Canons from the Triodion; we sing the fifth Biblical Canticle (Isaiah 26: 9-20).

CANTICLE FIVE

First Canon
TONE FOUR
by Joseph

Irmos: The godless shall not see Thy glory, O Christ...

Of Thine own will, O Master, Thou wast exalted on the Cross and hast cast down the enemy. Of Thine own will, then, raise me up in Thy compassion, for I am cast down into the pit of sensual pleasure.

When Thou wast stretched upon the Cross, O Jesus, Thou hast darkened the sun and given light to the whole fullness of the inhabited earth. My soul is darkened by corrupt passions: do Thou guide me to the light.

Still the troubled waters of my mind, O Christ, granting me a peaceful voyage across the sea of the Fast, and make me come to anchor in the haven of the Resurrection.

Theotokion

With pure minds let us honour the pure Lady, the beauty and the excellency of Jacob; and, gaining spiritual beauty by our obedience to the divine will, let us praise her with reverence as the Mother of our God. [1]

Another Canon
TONE FIVE
by Theodore

Irmos: Have mercy, O Christ, upon those that worship Thee...

Crucified, Thou dost release me from corruption; pierced by a lance, Thou makest me immortal. I glorify Thine ineffable mercy, O Christ, for Thou hast come to save me.

Stretching out Thine hands upon the Cross, O Lord, Thou hast killed the invisible Amalek and rescued Thy people: therefore we sing the praises of Thy power. [2]

[1] Ps. 46:5.
[2] Exod. 17:8-13.

Glory be to the Father...

Let us praise the Godhead in three Persons, one Sovereignty above all essence: Father without beginning, Son and Holy Spirit.

Now and ever...

Theotokion

Him whom heaven could not contain, thou hast conceived within thy womb and borne as child. O fearful wonder beyond speech! Therefore we all sing in praise of thee, O Virgin undefiled.

Glory to Thee, our God, glory to Thee.

For my sake Thou hast endured crucifixion, drunk vinegar, and cried 'It is finished': help me to finish the course of the Fast and grant that I may see Thy Rising. [1]

Irmos: Have mercy, O Christ, upon those that worship Thee by night, and give them peace; for Thy commandments are light and healing to Thy servants, O Lord who lovest mankind.

CANTICLE EIGHT

Irmos: The Offspring of the Theotokos saved the Holy Children...

Nailed to the Cross in Thy compassion, Thou hast opened Paradise to the Thief. I have fallen among thieves through the cunning of the devil; my soul and my whole body have been wounded. Heal me and in Thy love for mankind open unto me the gates of repentance.

Through fasting let us glorify our flesh and enrich our souls with virtues. Let us feed the poor and so acquire unfailing wealth in heaven, and let us cry: O all ye works of the Lord, praise ye the Lord and exalt Him above all for ever.

O Saviour, supreme in love, at Thy Passion the creation shook with fear, seeing Thee nailed upon the Cross. My mind is always shaken by the assaults of the serpent: I pray Thee, merciful Lord, establish it firmly on the unbroken rock of Thine own will.

Theotokion

Thou art the Gate of God that is closed, through which the Lord alone has passed: direct me on the paths of God and open unto me the gates of salvation, O Virgin full of grace. Thou art the only Protection of mankind, and to thee I flee for refuge. [2]

[1] JOHN 19:29-30.
[2] EZEK. 44:1-3.

Second Canon

Irmos: Sing, O ye peoples, sing in praise of the Maker of creation...

I sing the praises of the holy Wood on which Thou, my Christ, wast crucified, and I bless Thee above all for ever.

The transgressors crucified and killed Thee on Golgotha, O Christ: but Thou dost live and save us for ever.

We bless the Lord, Father, Son and Holy Spirit.

In a strange manner the Trinity is divided, while yet remaining undivided as God. Him do we exalt above all for ever.

Now and ever...

Theotokion

Intercede for those who sing thy praises, O All-Undefiled, that they may be delivered from every danger and temptation.

Glory to Thee, our God, glory to Thee.

Strengthening me by the power of the Cross, O Lord, grant me with good courage to complete the course of the Fast.

We praise, bless and worship the Lord...

Irmos: Sing, O ye peoples, sing in praise of the Maker of creation, before whom angels tremble, and exalt Him above all for ever.

CANTICLE NINE

Irmos: Christ, the corner-stone not cut by hand of man...

The prophet saw Thee, Saviour, as a stone cut from the mountain of the Virgin; and at Thy Crucifixion Thou hast rent the rocks. I am weighed down by the stone of insensitivity: O Lord all-merciful, do Thou set me free. [1]

O my soul, fast from wickedness and take thy delight in divine love. Open wide the door to every thought of good, and by abstinence and prayer guard the entrance against evil.

O my Master and Saviour, through Thy Cross Thou hast condemned the separation that made man an enemy of God. Save me, who am condemned, and though I am defiled by passions and darkened by sins, send me not to the punishment of Gehenna.

Theotokion

When Thou shalt come in glory to judge the world, spare me, O Christ. At the prayers of Thy Mother, destroy the dark mist of my

[1] DAN. 2:34-35, 45; MATT. 27:51, 60.

wickedness and make me an inheritor of Thy heavenly Kingdom.

Second Canon

Irmos: Rejoice, Isaiah...

Through Thy Crucifixion Thou dost open Paradise again and deliver me from the eternal death of disobedience. With rejoicing I partake of life, and I magnify Thee as my God, O Thou who lovest mankind.

O Lord, Thy lifecreating Cross has turned the instrument of the curse into a seal of blessing. Beholding Thee upon it, we who before were dead are brought to life, and singing Thy praises we magnify Thee as our Master. [1]

Glory be to the Father...

O honoured Trinity, consubstantial, without beginning, source of life, O undivided Unity, I sing Thy praises: Father unbegotten, Word and Son begotten, and Holy Spirit, save us all who glorify Thee.

Now and ever...

Theotokion

Beyond our understanding is thy childbearing, O Mother of God. For without man thou hast conceived, and in virginity thou hast given birth; and the Child that thou hast borne is God. We magnify Him, O Virgin, and we call thee blessed.

Glory to Thee, our God, glory to Thee.

O precious Cross, my strength and refuge, bestow upon me light and joy; purify me through abstinence and deliver me from temptation, that I may give thee glory and magnify Christ the Master.

Irmos: Rejoice, Isaiah: the Virgin has conceived and borne a Son, Emmanuel, who is both God and man; and Orient is His Name. We magnify Him, O Virgin, and we call thee blessed. [2]

Aposticha:

TONE EIGHT

Killing the passions, the present Fast brings promise of healing to those wounded by sin. God has given us this Fast to help us: let us honour and accept it as the divinely-written tables of the Law, given through Moses. Let us not choose wanton self-indulgence, because

[1] DEUT. 21:23; GAL. 3:13-14; NUM. 21:9; JOHN 3:14-15.
[2] ISA. 7:14; MATT. 1:23; LUKE 1:78.

of which the tables once were broken; let us not perish with those whose carcasses fell in the wilderness. Let us not be like the Jews, of a sad countenance, but let us rejoice with the Church. Let us not be hypocrites like the Pharisees, but in the spirit of the Gospels let us put on the beauty of holiness, glorying in the Cross of Christ the Deliverer of our souls *(twice)*.[1]

To the Martyrs

What shall we call you, O saints? Cherubim, for Christ rested upon you? Seraphim, for ye glorified Him without ceasing? Angels, for ye have renounced the body? Powers, for ye perform miracles? Manifold are your names, but greater are your gifts of grace: pray for the salvation of our souls.

Glory be to the Father... Now and ever...

Stavrotheotokion

'What is this strange wonder?' cried the Virgin to the Lord, as a mother to her child. 'The bitter pangs I knew not when I bore Thee, O my Son, now have pierced my heart. O Light of mine eyes, I cannot bear to see Thee nailed upon the Cross. But do Thou hasten to arise, as Thou hast promised, that with all the world I may glorify Thy dread and saving work.'

SIXTH HOUR

Troparion of the Prophecy:

TONE ONE

Night and day we fall down before Thee, O Lord, beseeching Thee to grant unto our souls remission of sins, that we may worship Thee in peace and glorify Thee, for Thou lovest mankind.

Glory be to the Father... Now and ever... *Repeat.*

Prokimenon (Psalm 37):

TONE FOUR

O Lord, rebuke me not in Thine anger, neither chasten me in Thy displeasure.

Verse: For Thine arrows stick fast in me, and Thy hand presses me sore.

Lesson: Isaiah 7: 1 – 14.

[1] EXOD. 32:16, 19; NUM. 14:29; MATT. 6:16; PS. 95:6, 9.

Prokimenon (Psalm 38):

TONE SIX

Hear my prayer, O Lord, and my supplication: give ear unto my tears.

Verse: I said, I will take heed to my ways: that I offend not in my tongue.

VESPERS

To Lord, I have cried, *ten stichera are sung, beginning with the following:*

TONE FOUR

Now is the accepted time, now is the day of salvation. In the multitude of Thy mercy visit my soul, and release me from the burden of my transgressions, for Thou alone lovest mankind *(twice)*. [1]

Then four stichera to the Martyrs in the Tone of the week, [2] *and four stichera to the saint of the day from the Menaion.*

Glory be to the Father...

Verse for the Dead in the Tone of the week. [2]

Now and ever...

Theotokion in the Tone of the week. [2]

Prokimenon (Psalm 39):

TONE FOUR

O Lord, let Thy mercy and Thy truth continually help me.

Verse: I waited patiently for the Lord: and He hearkened unto me, and heard my prayer.

Lesson: Genesis 5: 32 – 6: 8.

Prokimenon (Psalm 40):

TONE SIX

I said, Lord, be merciful unto me: heal my soul, for I have sinned against Thee.

Verse: Blessed is he who considers the poor and needy.

Lesson: Proverbs 6: 20 – 7: 1.

And the rest of the Liturgy of the Presanctified.

[1] 2Cor. 6:2.

[2] See below, pp. 310-343.

COMPLINE

In the modern Greek use, the Akathist Hymn is sung at Small Compline, exactly as on the previous Friday (see THE LENTEN TRIODION, *p. 282), except that we sing the second section of the Hymn, beginning at the fourth ikos* The shepherds heard the angels..., *and ending with the seventh kontakion* As Simeon drew near... *(see* THE LENTEN TRIODION, *pp. 425-27). We say the kontakion to the Martyrs* As the firstfruits of creation... *There is no reading from the Gospel at the end.*

SATURDAY IN THE SECOND WEEK

MATTINS

After the Six Psalms and the Great Litany, we sing Alleluia in TONE TWO, with the appointed verses (see THE LENTEN TRIODION, *p.127), and then the following troparia:*

TONE TWO

Apostles, martyrs and prophets, hierarchs, holy monks and righteous men, who have fought the good fight to the end and kept the faith: since ye have boldness in the presence of the Saviour, we entreat you, pray to Him on our behalf for the salvation of our souls. [1]

Glory be to the Father...

For the Dead

Remember Thy servants, O Lord, in Thy love, and forgive them all the sins that they committed in this life, for none is without sin but Thee, who hast power to give rest to the departed.

Now and ever...

Theotokion

O holy Mother of the ineffable Light, with angelic hymns we honour and magnify thee.

After the first reading from the Psalter (the sixteenth kathisma), we sing three sessional hymns to the Martyrs; Glory be to the Father...; *the sessional hymn for the Dead;* Now and ever...; *and the Theotokion, all in the Tone of the week (see below, pp. 310-343).*

Then we read the seventeenth kathisma (Psalm 118), dividing it into two parts, as on the Saturday of the Dead (see THE LENTEN TRIODION, *pp. 127-8), and between the two parts the priest says the Small Litany for the Dead.*

[1] 2TIM. 4:7.

After this we sing the Evlogitaria of the Dead (see THE LENTEN TRIODION, *p. 128), and then again the Small Litany for the Dead, followed by the sessional hymn:*

TONE FIVE

Give rest with the righteous to Thy servants, O our Saviour, and make them dwell in Thy courts, as it is written, in Thy goodness passing over all their transgressions, voluntary or involuntary, every sin committed in knowledge or in ignorance, O Thou who lovest mankind.

Glory be to the Father... Now and ever...

Theotokion

O Christ our God who from a Virgin hast shone forth upon the world, and through her hast made us sons of light, have mercy on us.

Psalm 50.

The Canon

Up to the end of Canticle Five we use the Canon to the saint of the day from the Menaion, with six troparia (including the irmos), and the Canon to the patron saint of the church or monastery, with four troparia. Starting at Canticle Six, we omit the Canon to the patron saint, and use first the Canon from the Menaion with six troparia, and then the two four-canticled Canons from the Triodion, with eight troparia (see THE LENTEN TRIODION, *pp. 78-79).*

CANTICLE SIX

First Canon
TONE EIGHT
by Joseph

Irmos: I pour out my prayer unto the Lord...

Because of the many torments that they suffered, the saints were counted worthy to overthrow many thousands of the enemy, and they received, O Saviour, many blessings from Thee. At their intercessions, in Thy love wash me clean from all my sins.

Let us all sing the praises of the victorious martyrs of Christ, and let us cry to them with one accord: O followers of Christ's Passion, heal the passions of our souls and give us strength to abstain from every evil way.

Sleeping in the tomb, Thou hast transformed the sorrow of death into a sleep, and hast given life to the departed. O Saviour, grant to

those who have gone from us a place with Thine elect, at the prayers of Thy holy martyrs.

Theotokion

Ineffably, O Virgin, thou hast borne the Word made flesh, who is all-powerful and sinless: give me strength to fast and to abstain from every sin; and, O Undefiled, grant me tears to wash away my filthiness.

Another Canon

TONE THREE

by Theodore

Irmos: The deep waters of the passions...

Come, all who love the martyrs, let us celebrate their memory with prayers to God. In gladness let us crown them with our hymns and bless Christ who has rewarded them for their suffering.

First ye were scourged, then stoned, or sawn asunder, or given as food to the wild beasts. Ye were slaughtered as the sheep of Christ, but ye live for ever, O victorious martyrs. [1]

Glory be to the Father...

I unite the Three in the one Nature of the Godhead, and divide the One into three Persons; and I reject equally the opposing heresies of Sabellius and Arius.

Now and ever...

Theotokion

Thou art a virgin, and after childbearing thou still remainest pure; yet thou hast truly given birth. Strange is the mystery that is revealed in thee, Mother of God, and beyond words and understanding.

Verse: God is wonderful in His saints, the God of Israel.

To the Martyrs

O martyrs, the blood of your patient suffering makes unceasing intercession to the Lord on our behalf. Pray for us now, that we may keep a fast from shameful passions.

Verse: Their souls shall dwell in prosperity.

For the Dead

O Lord all-merciful, who shalt come to judge the whole world in the presence of ten thousands of the angels, grant to those who have fallen asleep in faith, that they may stand then before Thee uncondemned.

[1] Heb. 11:36-37; Isa. 53:7.

Irmos: The deep waters of the passions and a storm of adverse winds have risen up against me. Make haste, O Saviour, to save me, and to deliver me from corruption, as Thou hast delivered the Prophet from the whale.

The kontakion for the Dead in TONE EIGHT, With the saints give rest..., *and the ikos* Thou only art immortal... *(see* THE LENTEN TRIODION, *p. 135).*

CANTICLE SEVEN

Irmos: The Hebrew Children in the furnace...

O martyrs worthy of all honour, with your blood ye quenched the flame of errors. Through your prayers to Christ, deliver us from the fire that is to come, O victorious servants of the Lord.

O triumphant martyrs, ye stopped the mouths of lions and endured the fire of torture, and now ye have been granted the true joy of heaven. Pray that we also may for ever share in this joy.

O courageous martyrs, illumined by the fullness of the Spirit's light, pray that the departed faithful may receive repose, and entry into Paradise, and a share in life.

Theotokion

To thee I bring a hymn, pure Virgin. I am held fast by evil: reject me not, but grant me perfect amendment through fasting and a righteous way of life.

Second Canon

Irmos: Thou hast shed dew upon the furnace...

Fire and sword and wild beasts ye counted as a joy, O martyrs, and ye filled your murderers with amazement as ye sang in praise to the God of our fathers.

Cut in pieces and burnt, O martyrs, ye were offered as a fragrant sacrifice to Christ: intercede with Him at all times on our behalf.

Glory be to the Father...

I glorify one God in Trinity, Father, Son and Spirit, simple Unity, holy Triad, Source without beginning, single in Essence.

Now and ever...

Theotokion

Most holy Lady Theotokos, accept the prayers of thy servants and bring them to the God of all, that He may save us from every trial and temptation.

Verse: To the saints that are in the earth, the Lord has shown the wonders of His will.

To the Martyrs

O company of martyrs, come from heaven to our aid: bless and sanctify us as we sing your praises, that with willing hearts we may complete the season of the Fast.

Verse: Blessed are they whom Thou hast chosen and taken to Thyself, O Lord.

For the Dead

O God, who knowest men's works, forgive the sins voluntary and involuntary of the faithful who have gone to dwell with Thee, and grant them rest.

Irmos: Thou hast shed dew upon the furnace and saved the Children from its flames: blessed art Thou for ever, O Lord God of our fathers.

CANTICLE EIGHT

Irmos: Victors over fire and torment...

After enduring many torments in the weakness of your body, O victorious martyrs, now ye are revealed as physicians of the sick. Therefore I cry: My soul is sick; heal it through repentance during the time of the Fast.

Alas! How have all my days passed by in carelessness. I have accomplished nothing good: and see, the end is near at hand. O martyrs who have fought the good fight and finished the course, pray for me, that I may make a good end. [1]

With the drops of your blood ye quenched the fire of godlessness, O victorious martyrs: pray for those who have departed from this life, that God may grant them rest and eternal remission of their sins.

Theotokion

Ezekiel saw thee, O pure Virgin, as the gate through which none may pass; and thou openest the gates of repentance unto all those in despair. Therefore I entreat thee: open unto me the paths that lead to rest eternal. [2]

[1] 2Tim. 4:7.
[2] Ezek. 44:1-3.

Second Canon

Irmos: Begotten as God before all ages...

Ye endured many bitter torments: some of you were burnt, others sawn asunder or cut in pieces. But now ye rejoice, O victorious martyrs, and sing to Christ: Praise, bless and exalt Him above all for ever.

Through your blood ye sanctify the ends of the earth and bring healing unto all, O martyrs blessed throughout the world, and continually ye cry aloud: Praise, bless and exalt Him above all for ever.

We bless the Lord, Father, Son and Holy Spirit.

O Unity in three Persons, Father, Son and living Spirit, one Godhead and one Kingdom, the hosts of angels glorify Thee as the Light that never sets; and we on earth praise, bless and exalt Thee above all for ever.

Now and ever...

Theotokion

Behold, with all generations we call thee blessed, O Virgin undefiled, seeing the great things God has done to thee. For in ways surpassing nature thou hast borne the Maker of all, who is both God and man. Therefore we bless and exalt thee above all for ever.

Verse: God is wonderful in His saints, the God of Israel.

To the Martyrs

O choir of martyrs, pray for our salvation, we entreat you, and beseech the Saviour that we may offer Him true worship through our abstinence. Praise, bless and exalt Him above all for ever.

Verse: Their souls shall dwell in prosperity.

For the Dead

To those who have fallen asleep in the true faith and in the hope of resurrection, grant, O Lord, that they may awaken to eternal life; and they will magnify Thee in sincerity and offer Thee this psalm of glory: Praise, bless and exalt Him above all for ever.

We praise, bless and worship the Lord...

Irmos: Begotten as God before all ages from the Father without beginning, He has in the last times clothed Himself in flesh taken from the Theotokos: O sing His praises as true man and perfect God, and bless and exalt Him above all for ever.

CANTICLE NINE

Irmos: Thou hast surpassed the bounds of nature...

O brave martyrs, ye are divine coals, burning up the evil substance of godlessness. Ye have cut down the ranks of demons with the sword, and ye give light to our souls.

O brave martyrs, ye have passed through the darkness of torment and gone to dwell in spiritual light: enlighten my humiliated soul that is darkened by sin.

The glorious martyrs endured the pain inflicted on their bodies; and now they intercede for the faithful departed, praying that they may enjoy painless repose and the delight of Paradise.

Theotokion

O all-pure Lady, come to the aid of thine unworthy servants during this season of abstinence, and bring our prayers to the Lord and King of all the ages.

Second Canon

Irmos: Thou art the immortal fountain...

As fire sent by God on the earth, ye have burnt up all the error of idolatry and kindled the light of the true faith in the farthest regions of the world, O martyrs of Christ. [1]

Neither flame nor slaughter, nor wheel nor rack, nor catapult nor saw nor any other torture, however bitter, could separate you from the love of Christ, O holy martyrs. [2]

Glory be to the Father...

With true faith I praise the Godhead, one in three, united in Essence yet distinct in Persons, Father, Son and Holy Spirit – these are one.

Now and ever...

Theotokion

Thou hast borne the Rod from the root of Jesse and of David the forefather: we magnify thee, undefiled and pure, for thou dost save our souls. [3]

Verse: To the saints that are in the earth, the Lord has shown the wonders of His will.

[1] LUKE 12:49.
[2] ROM. 8:35.
[3] ISA. 11:1.

To the Martyrs

O honoured multitude of martyrs, pray to Christ on our behalf, that we may complete the course of the Fast in peace, and may behold and venerate His Passion.

Verse: Blessed are they whom Thou hast chosen and taken to Thyself, O Lord.

For the Dead

As God of the dead and the living, who hast slain death and by Thy Rising granted life to all, give rest, O Christ, to Thy departed servants.

Irmos: Thou art the immortal fountain, who through the saints givest healing unto all mankind: we magnify thee, O pure Virgin, for thou dost save our souls.

The Hymn of Light in the Tone of the week (twice), and the exapostilarion for the Dead, O Thou who hast authority as God... *(see* THE LENTEN TRIODION, *pp. 138 and 662-7).*

Lauds: We sing four stichera to the Martyrs; Glory be to the Father...; *the appointed verse for the Dead;* Now and ever...; *and the Theotokion, all in the Tone of the week (see below, pp. 310-343).*

Aposticha for the Dead in the Tone of the week, by Theophanes (see below, pp. 310-343).

Then It is a good thing to give thanks to the Lord...; *and the rest of Mattins, as outside Lent, with the troparion,* Apostles, martyrs and prophets...; Glory be to the Father...; Remember Thy servants, O Lord...; Now and ever...; O holy Mother of the ineffable Light... *(see p. 117), and the usual Litany,* Have mercy upon us, O God...

LITURGY

The Typika (Psalms 102 and 145) and the Beatitudes. With the Beatitudes we sing six troparia in the Tone of the week, from the Octoechos.

Prokimenon:

TONE SIX

Be glad in the Lord and rejoice, ye righteous: and be joyful, all ye that are upright of heart *(Psalm 31:11).*

Verse: Blessed are they whose transgressions are forgiven *(ibid. 1)*.

Another Prokimenon:

SAME TONE

Their souls shall dwell in prosperity *(Psalm 24:13)*.

Epistle: For the day: Hebrews 3: 12 – 16.

For the Dead: 1Thessalonians 4: 13 – 17.

Alleluia:

TONE SIX

Verse 1: The righteous cried and the Lord heard them *(Psalm 33:18)*.

Verse 2: Blessed are they whom Thou hast chosen and taken to Thyself, O Lord *(Psalm 64:5)*.

Gospel: For the day: Mark 1: 35 – 44.

For the Dead: John 5: 24 – 30.

Communion verse:

Rejoice in the Lord, O ye righteous: it is fitting for the just to give praise. Alleluia.

And:

Blessed are they whom Thou hast chosen and taken to Thyself, O Lord: their memorial is from generation to generation. Alleluia.

MONDAY IN THE THIRD WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of repentance in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE EIGHT

With fire of abstinence let us all burn up the thorns of the passions that assault us, and with the streams of our tears let us put out the flame that never shall be quenched; and let us cry aloud to Him who shall come to judge the whole earth: O Saviour and all-merciful Lord, guard us uncondemned and grant us the forgiveness of our sins. [1]

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

O pure and blessed Virgin, full of the grace of God, together with the powers above and the archangels and all the spiritual hosts, do thou pray without ceasing to Him who in His tender compassion was born of thee. May He grant to us before the end pardon and forgiveness of our sins and amendment of our lives, that so we may find mercy.

After the third reading from the Psalter, the following sessional hymns:

TONE EIGHT

O holy and honoured Trinity, as we now enter upon the third week of the Fast, keep us safe from harm and condemnation. Enable us rightly to pass through the time that still remains, and to fulfill all Thy commandments; that so, offering up our hymns of praise, with a pure conscience we may attain the glorious Resurrection.

Glory be to the Father... *Repeat.* Now and ever...

[1] MARK 9:44.

Theotokion

Thou art the protection of the faithful, O Mother of God, the joy of the afflicted, the greatest consolation of all that mourn; with the angels and the principalities, O Virgin, pray continually on our behalf to Him who was born miraculously from thy most holy womb, that in the hour of judgement we may be delivered from the dread condemnation.

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-Canticled Canons from the Triodion; we sing the first Biblical Canticle.

CANTICLE ONE

First Canon
TONE EIGHT
by Joseph

Irmos: O ye peoples, let us raise a song...

In Thy divine compassion, accept me as I now repent. I have wasted my life like the Prodigal, but I cry aloud to Thee: I have sinned, and have no need of others to accuse me; for I myself bring before Thee all my shameful acts. [1]

I have forsaken the food of angels, and like the beasts have fed upon evil wickedness. But now that I turn back, receive me as one of Thy hired servants, O heavenly Father. [2]

O ye faithful, let us all forsake the night of lustful pleasures and hasten to the light of truth, that we may be counted worthy to share in the feast of radiance and joy.

Theotokion

Rejoice, all-holy Temple, Fleece on which the dew of God has fallen, sealed Fountain of the waters of immortality. Keep thy flock, O Lady, safe from the attacks of every enemy. [3]

Another Canon
SAME TONE
by Theodore

Irmos: Let us sing a song to God...

[1] Luke 15:13-14, 18.
[2] Ps. 77:25; Luke 15:16, 19.
[3] Judg. 6:37-38; Song of Solomon 4:12, 15.

As Israel of old fasted for three days, so let us sanctify ourselves, O brethren, during the first three weeks of the Fast; let us draw near to the mountain of prayer and, listening to the voice of God, let us sing in praise of Christ. [1]

Come, ye people, and strengthened like Samson by fasting, let us destroy the demon of gluttony as he destroyed the lion; but let us take care lest the Delilah of our passions deceive us and laugh us to scorn. [2]

Glory be to the Father...

As the cherubim I sing Thy praises, O Holy God: three Lights and one Light, one Life and three; God who begets, God the begotten, and the Spirit of Life proceeding from the Father.

Now and ever...

Theotokion

Hail, joy of Eve: for through thy childbearing, pure Virgin, her sorrow is brought to an end. Hail, radiant cloud of everlasting Light: from thee Christ our God has shone out as the dawn. [3]

Glory to Thee, our God, glory to Thee.

As David armed himself with faith, so let us arm ourselves with humility; and as he overthrew Goliath, so let us overthrow our arrogant mind, and cut down the hosts of passions. [4]

Irmos: Let us sing a song to God, who delivered Israel from the bitter bondage of Pharaoh, and guided them with a pillar of fire and a cloud of light, for He has been glorified. [5]

CANTICLE EIGHT

Irmos: Inspired by God, the Children in the furnace...

I have wasted with harlots the riches that the Father gave me, and I am cast our from the forecourt of grace; but in Thy boundless mercy receive me back, O Father. [6]

Let us shine with the radiant light of prayer and fasting, and so escape from the darkness of sin.

The choir of the spiritual powers entreats Thee, the cherubim pray to Thee with the company of the saints: O most merciful Christ, save our souls.

[1] Exod. 19:10-19.
[2] Judg. 14:5-20.
[3] Isa. 19:1; Mal. 4;2.
[4] 1Kgs (1Sam) 17:45-52.
[5] Exod. 13:21.
[6] Luke 15:13-14, 30.

Theotokion

O Theotokos Virgin, who hast conceived the Vine that was not husbanded, I am darkened by the drunkenness of sin: bring me back to soberness, for thou art the hope of our souls. [1]

Second Canon

Irmos: O Thou who coverest Thy high places...

O brethren, come and let us delight in the Fast, for it is the Father's treasury, a thing of wonder, and the mother of all who worship Christ the Master. It gives strength to the body and light to the mind and heart.

O my soul, follow the example of Gideon the wonderful, and bearing as thy weapons the three virtues of faith and hope and love for Christ, go out and slay the alien passions, as he with three hundred men destroyed the people of Midian. [2]

We bless the Lord, Father, Son and Holy Spirit.

I glorify Thee as Trinity, and I sing Thy praises as Unity: one Godhead, almighty Father, sovereign Son, and Holy Spirit; Power ruling over all, one Nature and one Kingdom, worshipped in three Persons.

Now and ever...

Stavrotheotokion

The pain which, in ways surpassing nature, Thy Mother did not undergo at Thy birth, she suffered at Thy Holy Passion. For she was filled with agony when she saw Thee nailed of Thine own will by the Jews upon the Cross, O Thou who hast set the earth upon the foundation of the waters. [3]

Glory to Thee, our God, glory to Thee.

When Thou shalt come in Thy glory with thousands and ten thousands of the heavenly powers to judge all the earth, spare me then, O Lord, forgive me and deliver me from condemnation. Put me not to shame; condemn me not to the eternal fire.

We praise, bless and worship the Lord...

Irmos: O Thou who coverest Thy high places with the waters, who settest the sand as a bound to the sea and upholdest all things: the sun sings Thy praises, the moon gives Thee glory, every creature offers a hymn to Thee, his Author and Creator, for ever. [4]

[1] JOHN 15:1.
[2] JUDG. 7:16-22; 1COR. 13:13.
[3] PS. 103:5.
[4] PS. 103:3; JER. 5:22.

CANTICLE NINE

Irmos: The burning bush upon the mountain...

O Father, I have departed far from Thy love, and by my own choice I have enslaved myself to lustful desires. But now I turn back to Thee: receive me as the Prodigal, for Thou alone art rich in mercy. [1]

In my wretchedness I am the withered fig tree, for the only fruit that I have borne is wickedness; and I deserve to be cast into the fire. Destroy my barrenness, O Lord, that I may bring Thee as fruit my good actions. [2]

O my soul, fast from wickedness and evil; refrain from anger, wrath and every sin. For such is the fast desired by Jesus, our God who greatly loves mankind. [3]

Theotokion

O Theotokos, thou art our defence and rampart; thou art the help of those that run to thee. And now we implore thine intercession, that we may be delivered from our enemies.

Second Canon

Irmos: We magnify thee...

As an acceptable gift let us offer to Christ our God a pure fast and abstinence from evil.

O my soul, learning how Elisha fed the prophets in days of old, eat whatever food comes readily to hand and give thanks to Christ. [4]

Glory be to the Father...

I sing Thy praises, O Godhead, one Form in three Persons, Father without beginning, Son, and Spirit of Life.

Now and ever...

Theotokion

O Maiden, Mother of God, bridal chamber of Christ the heavenly King, save by thine intercessions those who praise thee with love.

Glory to Thee, our God, glory to Thee.

Daniel in the den tamed the wild beasts with the muzzle of abstinence: let us also subdue the passions by fasting. [5]

[1] LUKE 15:13-24.
[2] MATT. 21:18-20; 3:10.
[3] ISA. 58:6-7.
[4] 4(2) KGS 4:38-41.
[5] DAN. 1:8-16; 6:22.

We magnify thee, most pure Mother of Christ our God, for thou wast overshadowed by the Holy Spirit.

Aposticha:

TONE FOUR

Clothed in the filthy garment of my sins, I am cast our from the bridal chamber of joy; but in Thine ineffable compassion, O God, take pity on me, as Thou hast taken pity on the Prodigal Son, and be merciful to me *(twice)*. [1]

To the Martyrs

Who is not filled with wonder, holy martyrs, beholding the good fight ye have fought? Armed with the Cross and confessing Christ, while in the body ye have defeated the bodiless foe; ye have put to flight the demons and driven back the enemy. Intercede continually for the salvation of our souls. [2]

Glory be to the Father... Now and ever...

Theotokion

O Lamp whose light is never quenched, Throne of righteousness, most pure Lady, pray for the salvation of our souls.

SIXTH HOUR

Troparion of the Prophecy:

TONE FOUR

O Physician of our souls, who knowest the mind of man, in Thy compassion heal our infirmities, for we are weak and broken by sin.

Glory be to the Father... Now and ever... *Repeat.*

Prokimenon (Psalm 41):

TONE FOUR

O put thy trust in God: for I will thank Him who is the help of my countenance and my God.

Verse: As the hart desires the water-brooks, so longs my soul after Thee, my God.

[1] MATT. 22:11-13; LUKE 15:20.
[2] 1TIM. 6:12.

Lesson: Isaiah 8: 13 – 9: 7.

Prokimenon (Psalm 42):

TONE FOUR [1]

He is the salvation of my countenance, and my God.

Verse: Judge me, O God, and plead my cause against the ungodly people.

VESPERS

To Lord, I have cried, *six stichera are sung, the first three being from the Triodion:*

TONE ONE

by Joseph

With grateful souls let us accept the Fast: for by the power of the Spirit it makes the stubborn passions wither, and gives us strength to do the works of God; it makes our mind ascend to heaven, and gains for us the forgiveness of our sins from the God of all mercy.

Shamefully in my wretchedness I have wasted all my life with harlots, but like the Prodigal with compunction I cry out to Thee, O Lord: I have sinned, O heavenly Father; be merciful and save me. I have departed far from Thee and now am destitute of righteous actions: O reject me not.

TONE THREE

by Theodore

Come, let us all greet the time of holy abstinence with cymbals and with songs of praise; for through the Fast spiritually we trample underfoot the serpent, from whom evil takes its origin. Therefore let us cry with boldness unto Christ: Grant us, Saviour, without condemnation to look upon Thy precious Cross and to venerate it, keeping joyful feast with psalms and hymns.

Then three stichera to the saint of the day from the Menaion. Glory be to the Father... Now and ever...; *and the Theotokion from the Menaion.*

Prokimenon (Psalm 43):

TONE FOUR

In God will we glory all the day long: and in Thy Name will we give praise for ever.

[1] In the Slav books, Tone Six.

Verse: We have heard with our ears, O God, and our fathers have told us.

Lesson: Genesis 6: 9 – 22.

Prokimenon (Psalm 44):

TONE SIX

I will make thy name to be remembered in all generations.

Verse: My heart is inditing of a good matter.

Lesson: Proverbs 8: 1 – 21.

Aposticha:

TONE TWO

O loving Father, my folly has stripped me bare of all Thy gifts. I have gone far from Thee and have enslaved myself to a strange citizen. I led unclean beasts to pasture, and eating from their food I was not filled. But, knowing Thy tender mercy, I have run to Thee: in Thy love for man, cover my nakedness and save me *(twice)*. [1]

To the Martyrs

Because the holy martyrs intercede for us and sing in praise of Christ, all error is destroyed and mankind is saved by faith.

Glory be to the Father... Now and ever...

Theotokion

Through thy word the Word has shone as light upon the world from thy virgin womb. O most holy Mother of God, pray to Him that our souls may be delivered from the snares of the enemy.

[1] Luke 15:13-21.

TUESDAY IN THE THIRD WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of repentance in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE ONE

Let us cleanse ourselves by fasting and by prayer, and serve God through acts of mercy to the poor. Let us lament and groan with fervent tears, while we still have time for conversion, that we may be delivered from everlasting lamentation in the flames of hell. And let us give glory to Christ who has ordained repentance for all mortal men, calling upon them to turn back in righteousness.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

O most holy Virgin, thou hast carried in thine arms the Creator, God made flesh. Stretch our those arms towards Him and entreat Him to deliver us from every passion, danger and temptation, for with love we praise thee and we cry aloud: Glory be to Him who dwelt in thee; glory be to Him who from thee came forth; glory be to Him who through thy childbearing has set us free.

After the third reading from the Psalter, the following sessional hymns:

TONE THREE

Gladdened by the Fast and greatly rejoicing in song, gaining mastery over all the passions through our prayers, let us trample underfoot the snares of the devil, and cry aloud with one accord to Christ: Count us worthy to look upon Thy Cross, in Thy compassion granting us great mercy.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

O Virgin Mother, blessed of God, cure the sickness of my soul, for I am held prisoner by my sins; and sighing from my heart I cry to thee: All-blameless Theotokos, I have greatly sinned; accept me, that with boldness I may call upon thee: Hail, dwelling-place of God.

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-canticled Canons from the Triodion; we read the second Biblical Canticle.

CANTICLE TWO
First Canon
TONE ONE
by Joseph

Irmos: See now, see that I am God, who saved the people of Israel when they were in bondage, and appointed Moses to lead them in the wilderness, for I am mighty in My power.

The Father in His great love has adopted me as His son through the washing of Baptism, and has bestowed upon me the riches of His many blessings. But by mine own free choice I have become enslaved to fruitless thoughts, and so have fallen into poverty.

Be merciful, O Lord, be merciful, be merciful; do not pass judgement on me, righteous Judge, but in Thy great compassion accept my feeble cry of sorrow and reject me not, O Christ.

Putting off the loathsome garment of self-indulgence, let us put on the shining robe of abstinence, and so in joy and glory let us come to the brightness of the Redeemer's Resurrection.

Theotokion

Save me, O save me, Mother of the Saviour. O pure Lady, look on my distress, for each day the countless number of my sins brings my unhappy soul to despair.

Another Canon
TONE THREE
by Theodore

Irmos: See now, see, that I am the Saviour...

See now, see, that I am your God, the spring that flows with salvation for you: let every mortal man through abstinence draw water from this fountain. [1]

[1] EXOD. 17:5-6; NUM. 20:7-11.

See now, see, that I have appointed for you this holy season of the Fast as a spiritual banquet.

Glory be to the Father...

Let us glorify the Trinity and worship the Unity: the only-begotten Son without beginning from the Father without beginning, and the Spirit enthroned with the Son and coeternal with the Father.

Now and ever...

Theotokion

O all-blameless Virgin, intercede before the Saviour without ceasing on behalf of those who confess thee to be truly Theotokos in body and soul, that they may be delivered from all distress.

Glory to Thee, our God, glory to Thee.

Great art Thou, O Lord, and marvellous are Thy works: of old Thou hast saved Daniel from being eaten in the lions' den, for he was protected by fasting. [1]

Irmos: See now, see, that I am the Saviour of the world, the true Light, the Fountain of life, the Son of God. [2]

CANTICLE EIGHT

Irmos: Him before whom the angels and all the hosts of heaven...

I lament and weep as I think of the hour when I shall stand before the fearful throne, and be called to account for the many evil deeds that I have done in ignorance and in knowledge.

Moses, having found in fasting a means of purification, spoke with God who alone is pure. O my soul, be purified by fasting, and so draw near to the God of love. [3]

Let us love fasting, the mother of virtues, and hate pleasure, the begetter of passions; and let us cry: Father who art in heaven, save us, O save us, at the prayers of Thy saints.

Theotokion

O pure Virgin Mary, at the hour of judgement pray to the Judge whom thou hast borne, that He may take pity on me and save me from condemnation; for thou art the only protection of mankind.

[1] DAN. 1:8-16; 6:22.
[2] JOHN 1:9; REV. 21:6.
[3] EXOD. 19:10-20; 24:12-18.

Second Canon

Irmos: In His divine power the Lord descended into the flames...

Entering as initiates into the dazzling grace of the Fast, let us shine as lightning with the virtues, and by our peaceful faces and our peaceful way of life let us display the peace that is within our souls.

By fasting Elisha gave back to the Shunnamite her child alive. From this let us learn, O brethren, how great a blessing is the Fast, and how it is a grace given by God. [1]

We bless the Lord, Father, Son and Holy Spirit...

With the Father we worship the Son and the Holy Spirit in unity of essence, and from our mouths of clay we cry with the angels: Glory in the highest to God in Trinity.

Now and ever...

Theotokion

Thou alone, O full of divine grace, hast given birth while still remaining virgin. O great mystery, dread and marvellous! For thou hast borne God made flesh, the Saviour of the world.

Glory to Thee, our God, glory to Thee.

O brethren, let not one of us be sunk in idleness and sloth. This is the time for work, the hour of solemn festival. Who, then, is wise and in one day will gain eternal life?

We praise, bless and worship the Lord...

Irmos: In His divine power the Lord descended into the flames and was seen walking with the Children of the Hebrews: O ye priests, bless and exalt Him above all for ever.

CANTICLE NINE

Irmos: Let us glorify the cloud of light...

Having fallen into a sea of sin, a deep of despair, a tempest of thoughts and a storm of passions, to Thee I raise my cry: O Abyss of mercy, help me and in Thy compassion grant me, as the rain from heaven, cleansing for my sins.

O ye faithful, let us cleanse the body through fasting, the spirit through abstinence, and the soul through tears. So in purity let us go with joy to meet Him who is pure, and to look upon the saving Passion that the Redeemer endured for our sake.

[1] 4(2)Kgs 4:32-37.

I groan like the Publican; I weep like the Harlot; and I cry out like the Thief, 'Remember me, O merciful Lord.' With the blind man I call unto Thee, O Son of God, 'Open the eyes of my soul, for they are blinded by the wickedness of the deceitful enemy who makes me stumble.' [1]

Theotokion

O ye faithful, let us bless the Virgin, for she is the Mountain not cut by hand of man, the Gate through which none may pass; she is higher than the heaven and all creation, the beauty and the excellency of Jacob, the golden Vessel of manna, the Bridge, and the Mother of the Creator. [2]

Second Canon

Irmos: In the bush upon Mount Sinai...

Knowing the present days to be sacred above all others, let us offer up prayers to God with a pure conscience, kneeling often on the ground, and let us say: O Lord, accept at all times the petitions and entreaties of Thy servants.

The people, so it is written, sat down to eat and drink, and then rose up to dance and worship the carved image of Belphegor. Behold the grievous fruits of gluttony! But let us fast, and we shall be glorified like great Moses. [3]

Glory be to the Father...

The Trinity supreme in Godhead is by Essence an undivided Unity; though single in Nature, it is distinguished in Persons; though indivisible, it is divided; though one, it is three: Father, Son and Spirit of Life, together guarding all things.

Now and ever...

Theotokion

Who has ever heard of a virgin that bore child and a mother that knew not man? O Mary, this miracle hast thou accomplished, but tell me how? 'Do not enquire into the mystery of my childbearing: it is altogether true, yet beyond man's understanding.'

Glory to Thee, our God, glory to Thee.

O Lord, since Thy wrath against sinners is not to be endured, who shall stand unafraid when it threatens him? Boundless is Thy mercy: save me in Thy compassion, and judge me not according to my many sinful works.

[1] LUKE 18:13; 7:37-38; 23:42; MATT. 9:27; 20:30-34.
[2] DAN. 2:34-35, 45; EZEK. 44:1-3; PS. 46:5; EXOD. 16:33; HEB. 9:4.
[3] EXOD. 32:6; NUM. 25:3; PS. 105:28; EXOD. 34:29.

Irmos: In the bush upon Mount Sinai Moses saw thee, who hast conceived within thy womb the fire of the Godhead, and yet wast not consumed. Daniel saw thee as a mountain not cut by hand of man, and Isaiah proclaimed thee as the Rod that blossomed from the root of David. [1]

Aposticha:

TONE SEVEN

I confess to Thee, O Lord, that I have sinned as the Prodigal. I dare not raise my eyes to heaven, whence I have fallen in my wretchedness. I have sinned against heaven and before Thee, and am not worthy to be called Thy son. I openly proclaim my guilt; I have no need of others to accuse me or bear witness; for my own life of sinful prodigality triumphantly condemns me; my evil habits cry aloud against me; my nakedness puts me to shame, and the rags which clothe me bring disgrace upon me. O compassionate Father, only-begotten Son, and Holy Spirit, receive me in repentance and have mercy upon me *(twice)*.

To the Martyrs

In the midst of the arena, before the lawless pagans, the victorious martyrs cried aloud rejoicing: 'O Lord, glory to Thee.'

Glory be to the Father... Now and ever...

Theotokion

Thou wast born, O Christ, of a Virgin in ways surpassing all interpretation; Thou hast brought light to those in darkness, and they cry: 'O Lord, glory to Thee.'

SIXTH HOUR

Troparion of the Prophecy:

TONE SEVEN

O Lord, Thou art our salvation and protector in the day of trouble. Have mercy upon us according to Thy great mercy, for Thou lovest mankind.

Glory be to the Father... Now and ever... *Repeat.*

[1] Exod. 3:2; Dan. 2:34-35, 45; Isa. 11:1.

Prokimenon (Psalm 45):

TONE FOUR

The Lord of Hosts is with us: our helper is the God of Jacob.

Verse: God is our refuge and strength.

Lesson: Isaiah 9: 9 – 10: 4.

Prokimenon (Psalm 46):

TONE THREE

O sing praises, sing praises unto our God: O sing praises, sing praises unto our King.

Verse: O clap your hands, all ye nations: shout unto God with a voice of triumph.

VESPERS

To Lord, I have cried, *six stichera are sung, the first three being from the Triodion:*

TONE THREE

by Joseph

O Lord, who by Thy Cross hast slain the deceiver, deliver me from his delusion, for I have sinned and been beguiled. Cleanse me by the Fast and grant me to do Thy will, O Master, that I may look with joy upon Thy Holy Passion.

I have been wounded by the sword of pleasure, O Lord, and a shameful death has befallen me. O Master, pierced by a spear, who as Saviour bringest healing to those wounded by the arrows of the enemy, heal and restore to life my humble soul, and grant me to share in Thy Holy Passion.

TONE TWO

by Theodore

May the Fast bring light to our souls, O Lord, and do Thou count us worthy uncondemned and with rejoicing to behold Thy Cross, and to worship it with fear; and in Thy love for man grant us to attain Thy voluntary Passion.

Then three stichera to the saint of the day from the Menaion. Glory be to the Father... Now and ever...; *and the Stavrotheotokion.*

Prokimenon (Psalm 47):

TONE THREE

Great is the Lord, and greatly to be praised in the city of our God.

Verse: In the city of our God and in His holy mountain.

Lesson: Genesis 7: 1 – 5.

Prokimenon (Psalm 48):

TONE TWO

My mouth shall speak of wisdom: and the meditation of my heart shall be of understanding.

Verse: O hear ye this, all ye people: ponder it with your ears, all ye that dwell in the world.

Lesson: Proverbs 8: 32 – 9: 11.

Aposticha:

TONE TWO

Though I am a creature born on earth, yet sharing in Thine image, O Lord, I dare to call upon Thee, the Creator, as my Father. Living as the Prodigal I have lost the grace of sonship, and forgetful of Thy gifts I have wasted mine inheritance. Yet disown me not, for Thou wast pleased to send Thine only-begotten Son, to suffer for my sake crucifixion in the flesh and death: but in Thy love for man bring me back from evil and make me Thine own *(twice)*.

To the Martyrs

The company of martyrs resisted tyrants, saying: 'We are soldiers of the Ruler of the powers on high; though ye give us up to fire and torment, we shall not deny the power of the Trinity.'

Glory be to the Father... Now and ever...

Stavrotheotokion

O Saviour, when the lawless people nailed Thee to the Tree, who art the Life of all, Thy pure and holy Mother, standing beside Thee, cried aloud lamenting: 'Woe is me, beloved Child, the light of mine eyes! Thou hast hung the earth above the waters: how then canst Thou endure to be nailed upon the Tree between two evildoers!'

WEDNESDAY IN THE THIRD WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of the Cross in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE THREE

by Joseph

Raised upon the Cross, O Master, through the Wood Thou hast quenched the flame of sin; suffering death by Thine own choice, Thou hast slain the enemy. Therefore I entreat Thee: put to death the desires of my flesh and bring to life my miserable heart, cleansing me from all defilement through the Fast that kills the passions, for Thou art merciful.

Glory be to the Father... *Repeat.* Now and ever...

Stavrotheotokion

By Thine own free choice, O compassionate Christ, Thou hast endured a shameful death upon the Cross; and when Thy Mother saw Thee, she was wounded in her heart and, beating her breast, with a mother's sorrow she lamented. At her prayers, through Thy tender mercy have pity on the world and save it, for Thou dost take away its sin. [1]

After the third reading from the Psalter, the following sessional hymns:

TONE TWO

by Theodore

As we continue the joyful celebration of the Fast, we cry aloud: Keep us all in peace, O Lord, deliver us from every snare of the enemy, and in Thy surpassing love count us worthy to venerate with fear [2]

[1] JOHN 1:29.

[2] THE SLAV BOOKS READ 'LOVE' INSTEAD OF 'FEAR'.

Thy precious Cross, through which Thou grantest to the inhabited earth Thy mercy, O Thou who alone art most merciful.

Glory be to the Father... *Repeat.* Now and ever...

Stavrotheotokion

Beholding Thee, O Christ, stretched dead upon the Tree, Thy Virgin Mother cried aloud with bitter tears: 'O my Son, what is this fearful mystery? How dost Thou, who givest life eternal unto all, suffer willingly a shameful death upon the Cross?'

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-canticled Canons from the Triodion; we sing the third Biblical Canticle.

CANTICLE THREE

First Canon
TONE THREE
by Joseph

Irmos: O Lord, the firm foundation of those that put their trust in Thee...

Crucified with Him who was crucified for our sake, let us put to death all the members of the flesh by fasting, prayer and supplication.

O Lord, who by Thy Crucifixion hast plucked out the thorn of sin, pluck out all thorny thoughts from my mind.

Arming our mind with fasting and fenced about by the power of the Cross, let us overthrow the hostile ranks of demons.

Theotokion

From thee the Word came forth incarnate, O Virgin undefiled, and in His tender mercy He has set to rights the fall of our first parents.

Another Canon
TONE TWO
by Theodore

Irmos: O Lord, who hast put sin to death...

Thy lifecreating Cross, O Lord, is my seal unto salvation: for by its virtue I overthrow the adversary and praise Thee as God mighty in power.

The Tree of the Cross has borne a fruit that gives eternal life unto the world; and as we eat of it, O Christ, we are delivered from death.

Glory be to the Father...

I glorify three Persons in one Nature, Father, Son and Spirit, the one Power of the Divinity that rules and reigns alone as God.

Now and ever...

Theotokion

Thy childbearing, O pure Lady, fills our hearts with fear. For it is God who has become man, begotten outside time from the Father and in the last days brought forth by thee through a virgin birth.

Glory to Thee, our God, glory to Thee.

The grace of the Cross shines out upon the world, O merciful Lord, preparing all of us for the coming celebration of Thy divine Sufferings. Grant us to venerate with faith Thy Holy Passion.

Irmos: O Lord, who hast put sin to death by the Wood of the Cross, be Thou our strength and our support, and graft Thy fear in our hearts, as we sing in praise of Thee.

CANTICLE EIGHT

Irmos: Standing together in the unbearable fire...

O Giver of Light, who by the Cross hast triumphed over the principalities and dominions of darkness, when Thou shalt come in power to judge the whole world, do not denounce my hidden sins, O Word, that I may glorify Thy great compassion.

O just and longsuffering Lord, Thou the Judge hast stood as prisoner before the judgement seat of Pilate; and by Thy Cross Thou hast condemned the enmity that separated man from God. Deliver, then, from eternal condemnation those who cry to Thee in fear and glorify Thy lovingkindness. [1]

Of old the Holy Children, strengthened by the fire of fasting, quenched with dew from God the fiercely burning flames. By fasting let us also quench the furnaces of all the passions, that we may escape from the flame of Gehenna. [2]

Theotokion

From thee, O Maiden who hast not known marriage, the Wisdom of God built for Himself a house and took flesh in His humble love that no word can describe. For thou alone from all generations hast been chosen, O Undefiled, as the dwelling of the eternal Word. [3]

[1] EPH. 2:15-16.
[2] DAN. 1:8-16; 3:19-27.
[3] PROV. 9:1.

Second Canon

Irmos: The Lord of old foreshadowed...

O Christ, whose word upholds the universe, for my sake Thou hast borne all things, buffeting and spitting and crucifixion. I praise for ever the greatness of Thy love for mankind.

As a lamb Thou wast offered in sacrifice, O Christ, and Thy side was pierced by a lance, that Thou mightest save me, the lost sheep, from the snares of the devil and keep me for ever in Thy good fold. [1]

We bless the Lord, Father, Son and Holy Spirit.

O Godhead, one in Trinity, undivided in Nature yet divided in Persons, Power that shall never be destroyed, Father, Son and Spirit, we sing Thy praises for ever.

Now and ever...

Theotokion

O pure Mother of God, Gate of heaven, Door of salvation, accept the prayer of all Christians who call thee blessed for ever.

Glory to Thee, our God, glory to Thee.

Thy Cross, O Christ, is the glory of priests, the strength of kings, the light of all the faithful. Grant me to behold and worship it, and to sing in praise of it for ever.

We praise, bless and worship the Lord...

Irmos: The Lord of old foreshadowed the miracle of the Virgin to Moses in the bush upon Mount Sinai: let us praise, bless and exalt Him above all for ever.

CANTICLE NINE

Irmos: In the shadow and the letter of the Law...

The serpent that Moses raised upon his staff prefigured Thee, O Christ, who wast raised of Thine own will upon the Cross: for Thou hast healed us from the poison of the evil one, and in Thy love Thou drawest all men to Thyself. [2]

Cleanse me by the fire of Thy fear, O Christ; kindle Thy divine love in my soul, and fence me about with Thy Cross: for the deceiver that caused man's fall of old has craftily beguiled me and darkened my understanding with lust.

[1] Isa. 53:7; John 19:34; Luke 15:4; John 10:16.
[2] Num. 21:9; John 3:14; 12:32.

O brethren, let us fast from shameful thoughts and evil actions; let us purify our hearts and through the divine virtues let us ascend with wings to heaven, turning away from the evil impulses that creep upon the ground; and grant us, robed in light, to behold the great Passover.

Theotokion

He who is rich by nature freely chose to wear our poverty, which He took from thee, O Virgin; and He who is invisible, whom the choirs of angels praise on high, became visible to our eyes, and in His love He has formed anew our broken image. [1]

Second Canon

Irmos: Thou art the living spiritual Ladder...

Thou hast stretched Thine arms upon the Cross and made Thine own the four ends of the earth; through Thee, O Son of God, we have found access to the Father, and we all magnify Thee. [2]

The transgressors set a crown of thorns upon Thine head, O Christ; they struck Thee and they crucified Thee. Seeing these things, all the earth was shaken; but we have been saved and we magnify Thee.

Glory be to the Father...

Holy and threefold Light of the Godhead, ever upholding and protecting all things, Father, Son and Spirit of Life, with never-silent hymns we magnify Thee.

Now and ever...

Theotokion

Thou art the shining cloud of the Spirit, O Theotokos, out of which the Light that no man can approach has shone upon us, Christ the great Sun of righteousness; and with our hymns we magnify thee. [3]

Glory to Thee, our God, glory to Thee.

O Cross of Christ, thou art our light, our holy token and ensign of victory. Make abstinence sweet for us and count us worthy to venerate thee.

Irmos: Thou art the living spiritual ladder, whereby our God came down: through Him we have found the way of ascent to heaven, and with never-silent hymns we magnify thee. [4]

[1] 2Cor. 8:9.
[2] Eph. 2:18.
[3] Isa. 19:1;1Tim. 6:16; Mal. 4:2.
[4] Gen. 28:12.

Aposticha:

TONE TWO

Though honoured as a son by the loving Father, in my foolishness I did not understand. I have deprived myself of glory, sinfully wasting the wealth of grace. I have forsaken the divine food, eating in servile bondage at the table of an unclean citizen. He has sent me into his soul-destroying field, and living like the Prodigal I have fed with the beasts; I was enslaved to the pleasures and could not eat my fill. But now I have turned back, and I shall cry to the compassionate and merciful Father: I have sinned against heaven and before Thee; have mercy upon me *(twice)*. [1]

To the Martyrs

The multitude of Thy martyrs intercedes with Thee, O Christ: Have mercy upon us in Thy love for mankind.

Glory be to the Father... Now and ever...

Stavrotheotokion

At the Crucifixion of thy Son and God, great was the agony thou hast endured, O Undefiled. Weeping and lamenting, thou hast cried aloud bitterly: 'Woe is me, beloved Child! How unjustly dost Thou suffer, desiring to deliver the earth-born sons of Adam.' Therefore, O most holy Virgin, in faith we beseech thee: cause Him to look on us with mercy.

SIXTH HOUR

Troparion of the Prophecy:

TONE EIGHT

There is no firm foundation of good works in us, but merciful art Thou who lovest man. Despise not the creation of Thine own hands, O sinless Lord. [2]

Glory be to the Father... Now and ever... *Repeat.*

Prokimenon (Psalm 49):

TONE SIX [3]

Sacrifice unto God a sacrifice of praise, and pay thy vows unto the Most High.

[1] Luke 15:11-21.
[2] Ps. 137:8.
[3] In the Slav books, Tone Four.

Verse: The God of gods, the Lord, has spoken and called the earth from the rising of the sun unto the going down thereof.

Lesson: Isaiah 10: 12 – 20.

Prokimenon (Psalm 50):

TONE SIX

Have mercy upon me, O Lord, in Thy great mercy.

Verse: Create in me a clean heart, O God, and renew a right spirit within me.

VESPERS

To Lord, I have cried, *ten stichera are sung, the first six being from the Triodion:*

TONE FOUR

As the Prodigal I have wasted the riches which the Father gave me. Now I am destitute and dwell in the land of wicked citizens; in my thoughtlessness I have become like the beasts without understanding, and I am stripped of all God's grace. But turning back I cry to Thee, the compassionate and merciful Father: I have sinned, receive me in repentance, O God, and have mercy upon me *(twice)*.

To the Martyrs

O martyrs of the Lord, living oblations, spiritual burnt-offerings, perfect victims sacrificed to God, sheep that know God and are known by Him, whose fold no wolf can enter: pray that we be led with you to feed beside the waters of repose. [1]

TONE SIX

by Joseph

O apostles, eye-witnesses of God, rays of light from the spiritual Sun, pray that light may be granted to our souls, deliver us from the gloomy darkness of the passions, and ask that we may see the day of salvation. By your prayers and intercessions cleanse our hearts, which the evil one has wounded: then, saved by faith, we shall for ever honour you, who preserve the world by your preaching of the truth.

[1] JOHN 10:12-14; PS. 22:2.

Like the Prodigal Son, I have journeyed into a far country of wickedness, and I have wasted in evil the wealth that Thou gavest me, O compassionate Father. I am starved of good deeds and clothed in the shame of my transgression, for I have been stripped bare of God's grace. I cry to Thee: I have sinned, yet I know Thy lovingkindness; accept me as one of Thy hired servants, O merciful Christ, at the prayers of the apostles who loved Thee.

SAME TONE

by Theodore

O apostles of the Lord, ye are the lights of the inhabited earth, benefactors and saviours; as the heavens ye declare the glory of God, and ye are adorned with the stars of your miracles and with your wonders of healing. Intercede fervently before the Lord on our behalf, that our prayers may be accepted as a pure and sweet-smelling fragrance, and that we may all be counted worthy to venerate the lifegiving Cross and to gaze on it with fear. And as we worship this Thy Cross, in Thy love for man, O Saviour, send down Thy mercy on us. [1]

Then four stichera to the saint of the day from the Menaion. Glory be to the Father... Now and ever...; *and the Theotokion from the Menaion.*

Prokimenon (Psalm 51):

TONE FOUR

My trust is in the tender mercy of God for ever and ever.

Verse: Why boastest thou thyself in mischief, O mighty man, and in iniquity all the day long?

Lesson: Genesis 7: 6 – 9.

Prokimenon (Psalm 52):

TONE FOUR

When God shall bring back His people from captivity, Jacob shall rejoice and Israel shall be glad.

Verse: The fool has said in his heart: there is no God.

Lesson: Proverbs 9: 12 – 18.

And the rest of the Liturgy of the Presanctified.

[1] Ps. 18:2; Eph. 5:2.

THURSDAY IN THE THIRD WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of the Apostles in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE SIX
by Joseph

O disciples of the Saviour, fixed and unmoving stars that shine upon the world, give light to my soul that is blinded by sin; grant that I may share in the Day of the Lord, keeping the commandments of salvation, and deliver me from the darkness of hell where no light shines, that I may give you glory.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

Hallowed Lady, Mother of Christ our God, thou hast borne ineffably the Maker of all. In union with the holy apostles pray to Him at all times, that in His love He may release us from the passions and grant us the remission of our sins.

After the third reading from the Psalter, the following sessional hymns:

TONE SIX
by Theodore

O divine apostles, stars that shine on all the world, give light to us who sing your praises as we keep the Fast. We pray that we may all be counted worthy to look upon the wood of the lifegiving Cross with pure eyes, and to embrace it with pure lips, crying aloud with joy: O Lord, glory to Thee.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

O Theotokos Virgin, thou art the good hope of the world: I ask for thy dread protection, and for thine alone. Have compassion on thy people that are left without defence: pray to the merciful God that our souls may be delivered from every threat, for thou alone art blessed.

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-canticled Canons from the Triodion; we sing the fourth Biblical Canticle.

CANTICLE FOUR

First Canon
TONE SIX
by Joseph

Irmos: Christ is my strength...

O ye faithful, let us give ourselves to fasting, tears and prayer, to works of compassion and to a contrite way of life, to upright thoughts and purity, that we may share in glory.

O apostles, ye shine with radiance as stars in the firmament of the Holy Church: give light to our hearts through the Spirit of God.

As divine coals kindled by immaterial fire, O wise apostles of our God, burn up the material passions in our hearts.

Theotokion

O all-blameless Lady, lamp that never shall be quenched, bridal chamber full of light, higher than the seraphim, the chariot of the cherubim, set me free from grievous sins and dangers.

Another Canon
SAME TONE
by Joseph

Irmos: The prophet heard of Thy coming, O Lord...

O apostles of the Saviour, shining torches of God's revelation, ye have dispersed the night of ignorance: ye fill the Church with brightness and give light to the inhabited earth with the fiery tongues of your divine teaching.

O apostles, ye journeyed through the world, each to a different country, gathering all men into the one faith; and sharing now in the rewards of heaven, ye rejoice and pray without ceasing to Christ, that we may all be saved.

Glory be to the Father...

I glorify the Son and the Spirit who come from the Father as light and ray from the sun: the One begotten as Offspring, the Other proceeding and sent forth; divine and coeternal Trinity, adored by all creation.

Now and ever...

Theotokion

O honoured Virgin, who hast given birth yet kept thy purity, thou hast borne both God and man, a single Person with a twofold Nature. This thy miracle, O Virgin Mother, fills every ear and mind with wonder.

Glory to Thee, our God, glory to Thee.

At your holy intercessions, apostles of the Lord, may we be counted worthy with pure lips and eyes to reverence the lifegiving Cross, that is exalted in the sight of the whole world for all to venerate.

Irmos: The prophet heard of Thy coming, O Lord, and he was afraid: how Thou wast to be born of a Virgin and revealed to men, and he said: 'I have heard the report of Thee and I was afraid.' Glory to Thy power, O Lord.

CANTICLE EIGHT

Irmos: Thou hast made dew fall from the flames...

Through fasting Moses was granted the vision of God and Elijah was taken up in a chariot of fire. O my soul, make haste; abstain from harmful thoughts, that thou mayest be delivered from the beguilement that draws thee to the earth. [1]

I fall into ever greater sins and inflict fresh wounds upon myself. At the prayers of Thine apostles, O merciful Christ, heal the stony hardness of my heart.

O stars that shine in all the world, bright with the splendour of God, scatter the clouds of our passions and grant us to worship at the radiant feast of the Resurrection, praising the Sun of glory.

Theotokion

O Blessed of God, from all generations we call thee blessed, as thou thyself hast prophesied. [2] For thou alone hast borne unto mortal men the blessed Word, who ineffably took flesh from thee.

[1] EXOD. 24:12-18; 33:18-23; 3(1)KGS 19:8; 4(2)KGS 2:11.
[2] LUKE 1:48.

Second Canon

Irmos: Thy holy Children in the furnace...

O apostles of the Lord, we are swimming in the deep waters of delusion: catch us with the rod of faith, and we shall bless, praise and exalt the Lord above all for ever.

Great is the power which Thou hast shown, O Christ, in Thine apostles. For their shadows and the clothing which they wore brought healing to the sick; and they bless, praise and exalt the Lord above all for ever. [1]

We bless the Lord, Father, Son and Holy Spirit.

Without beginning are the birth of the Son and the procession of the Spirit. I worship the Father who begets, I glorify the Son who is begotten, and I sing the praises of the Holy Spirit who shines forth with the Father and the Son.

Now and ever...

Theotokion

Cease not to pray, O Virgin, unto Him whom thou hast borne in ways past all interpretation, for He loves mankind: that He may save from danger all those who flee to thee for refuge.

Glory to Thee, our God, glory to Thee.

O holy company of the twelve apostles, grant me uncondemned to venerate the precious Cross, as I bless, praise and exalt the Lord above all for ever.

We praise, bless and worship the Lord...

Irmos: Thy holy Children in the furnace sang like the cherubim the thrice-holy hymn, and they cried aloud: Bless, praise and exalt ye the Lord above all for ever.

CANTICLE NINE

Irmos: No man is able to see God...

O God and Lord of many mercies, cleanse the wounds of my heart and heal them with the medicine of repentance. I have sinned, I have sinned against Thee: take pity on me and save me at the prayers of Thine apostles, for Thou art full of mercy.

[1] Acts 5:15; 19:12.

Foolishly, like the Prodigal, I have followed my unruly impulses and have departed far from my true self: I eat the rough husks of pleasure and am deprived of the food of salvation. O Christ, take pity on me and save me. [1]

O my soul, thou hast not cleansed thyself from evil nor avoided the lusts that corrupt thee. Why art thou filled, then, with unjustified rejoicing, because thou hast observed the Fast? For such is not the fast the Lord has chosen, who desires our true amendment. [2]

Theotokion

O Virgin Theotokos, who hast borne the Light, guide me with divine light and drive away the darkness from my soul, that I may bless thee: for all generations of men, as thou hast prophesied, shall call thee blessed. [3]

Second Canon

Irmos: Conception without seed...

Simple in speech but wise in knowledge, ye have destroyed the webs of words spun by philosophers, the cunning tapestries of the orators, and the divinations of the stargazers: therefore, O apostles of Christ, ye have been revealed as the only teachers of the whole inhabited earth.

Peter speaks, and Plato falls silent; Paul teaches, and Pythagoras is heard no more. The company of the apostles, preaching the mysteries of God, has buried the dead voice of the pagan Greeks and called the world to the worship of Christ.

Glory be to the Father...

O Father, single only-Begetter of the only-Begotten Son; O only Light and Brightness from the one and only Light; and Thou, one and only Holy Spirit from the one God, true Lord from the Lord: O holy Three in One, save me as I tell of Thy divinity.

Now and ever...

Theotokion

The marvel of thy childbearing fills me with wonder, O all-blameless Lady. How hast thou conceived without seed Him whom none can comprehend? How hast thou remained a Virgin and yet become a Mother? 'Accept the miracle with faith, and worship the Child that is born, for all that He wills, He has the power to do.'

Glory to Thee, our God, glory to Thee.

[1] Luke 15:13, 16-17.
[2] Isa. 58:5-7.
[3] Luke 1:48.

At your prayers, O holy apostles of Christ, may we all be counted worthy to see and venerate with pure lips and souls the precious Cross, the all-holy Tree that has borne as flower the salvation of the world.

Irmos: Conception without seed; nativity past understanding, from a Mother who never knew a man; childbearing undefiled. For the birth of God makes both natures new. Therefore, as Bride and Mother of God, with true worship all generations magnify thee.

Aposticha:

TONE SIX

Like the Prodigal I have fallen from sonship, and as a slave I have eaten with the swine, yet was not satisfied by their food; but now I return to Thee, O compassionate Father. Wrongly I forsook Thee, but rightly have I turned back in repentance, and I cry: I have sinned against heaven and before Thee, O Father; grant to me, returning homeward, Thy great mercy *(twice)*.

To the Martyrs

Great wonders has our God done for His saints and His elect. Rejoice and be glad, all ye His servants: He has prepared for you crowns of glory and His Kingdom. We entreat you not to forget us. [1]

Glory be to the Father... Now and ever...

Theotokion

O Theotokos, thou art the true Vine, that has put forth the fruit of life. We pray thee, O Lady, intercede together with the apostles and all the saints, that mercy may be granted to our souls.

SIXTH HOUR

Troparion of the Prophecy:

TONE SEVEN [2]

O Thou who lovest man, if Thou shouldest mark iniquities, what hope is there for our salvation? But, Lord, in Thy mercy send down upon Thy people Thy help from on high. [3]

Glory be to the Father... Now and ever... *Repeat.*

[1] Ps. 4:4.
[2] In the Slav books, Tone Three.
[3] Ps. 129:3.

Prokimenon (Psalm 53):

TONE FOUR

Save me, O God, for Thy Name's sake, and judge me in Thy strength.

Verse: Hear my prayer, O God, and hearken unto the words of my mouth.

Lesson: Isaiah 11: 10 – 12: 2.

Prokimenon (Psalm 54):

TONE FOUR [1]

Give ear to my prayer, O God: and despise not my supplication.

Verse: Attend unto me and hear me.

VESPERS

To Lord, I have cried, *six stichera are sung, the first three being from the Triodion:*

TONE FIVE

by Joseph

O Saviour, who art the true sweetness, of old Thou hast made sweet the bitter waters of Marah with the wood that was a figure of the divine Cross. Crucified upon it, Thou wast pleased to taste gall; Thy side was pierced, and from it flowed the water of forgiveness, refashioning our mortal nature. Therefore we glorify Thine ineffable power and we pray: in this season of the Fast fill our hearts with fear of Thee, O Lord; pardon our offences, and grant us Thy great mercy. [2]

O Word, who wast stretched out upon the Cross, gathering together those that had gone far from Thee, raise up my thoughts from the dunghill of the passions, and make me rich in all the virtues; grant to my heart the pure fear of Thee, and to my soul Thy perfect love, that severs me from carnal love. Through abstinence, prayer and supplication, may I find favour with Thee in this present season, and with joy may I behold the day of Thy Rising, receiving Thy great mercy.

TONE ONE

by Theodore

Count us worthy, Christ the Word, after passing through the third week of the Fast, to look upon the wood of Thy lifegiving Cross and to venerate it with holy reverence. Grant us rightly to sing and magnify

[1] In the Slav books, Tone Seven.

[2] Exod. 15:23-25; Matt. 27:34; John 19:34.

Thy power, to praise Thy Passion, and to come with pure hearts to Thy glorious and holy Resurrection, the mystical Passover whereby Adam is restored again to Paradise.

Then three stichera to the saint of the day from the Menaion. Glory be to the Father... Now and ever...; *and the Stavrotheotokion from the Menaion.*

Prokimenon (Psalm 55):

TONE EIGHT [1]

Be merciful unto me, O God; for mine enemies persecute me.

Verse: They oppress me all the day long.

Lesson: Genesis 7: 11 – 8: 3.

Prokimenon (Psalm 56):

TONE SEVEN

Be merciful unto me, O God, be merciful unto me: for my soul has trusted in Thee.

Verse: In the shadow of Thy wings shall I hope, until this wickedness has passed me by.

Lesson: Proverbs 10: 1 – 22.

Aposticha:

TONE SIX

O Christ our God, the life of all, Thou wast hung upon the wood of the Cross: restore to life my soul, slain by my sins, and suffer not Thy sheep to perish utterly, O Good Shepherd. I have rebelled against Thy commandments, and through my willful love of sin I have wasted the wealth of sinlessness that Thou hast given me. Living as the Prodigal, I have grown corrupt and loathsome: but bring me to repentance and renew me, for Thou alone art full of mercy *(twice)*.

To the Martyrs

Thy martyrs, O Lord, denied Thee not and forsook not Thy commandments: at their intercessions have mercy upon us.

Glory be to the Father... Now and ever...

Stavrotheotokion

Beholding Thee crucified, O Christ, Thy Mother cried aloud: 'O my Son, what is this strange mystery that I behold? Nailed in the flesh, O Giver of Life, how dost Thou die upon the Tree?'

[1] In the Slav books, Tone Six.

FRIDAY IN THE THIRD WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of the Cross in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE FIVE

We mortals, who died of old through eating from the tree, are through Thy Cross restored to life, O merciful Lord. By its power, O loving Master, give us strength to pass through the season of abstinence with compunction, obedient to Thy will, and to see the day of Thy light-giving Resurrection.

Glory be to the Father... *Repeat.* Now and ever...

Stavrotheotokion

When Thy Mother beheld Thee, O Christ, hanging by Thine own free choice upon the Cross between two thieves, then with a mother's grief her heart was pierced and she cried out: 'O sinless Son, how art Thou nailed unjustly to the Cross as an evildoer? It is because in Thy surpassing love Thou willest to restore mankind to life.'

After the third reading from the Psalter, the following sessional hymns:

TONE ONE

With our flesh cleansed by abstinence and our souls filled with light by prayer, count us worthy, O Lord, to look upon Thy precious and venerable Cross and to reverence it with fear, singing hymns and saying: Glory to Thy lifegiving Cross; glory to the holy spear that pierced Thee, whereby we are restored to life, O Thou who alone lovest mankind.

Glory be to the Father... *Repeat.* Now and ever...

Stavrotheotokion

When the Ewe saw Thee her Lamb, crucified upon the Tree between two thieves, O longsuffering Word, Thy side pierced by a spear, with a mother's grief she cried: 'What is this strange and fearful mystery, O my Jesus? How is God, whom nothing can contain, confined within a tomb? What words have power to describe these things? Forsake not Thy Mother, my beloved Child.'

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-canticled Canons from the Triodion; we sing the fifth Biblical Canticle.

CANTICLE FIVE

First Canon
TONE FIVE
by Joseph

Irmos: O Thou who clothest Thyself with light...

Heal me, O Lord, and I shall be healed; by Thy wounds cleanse the wounds of my soul, O Christ who hast accepted suffering in the flesh. [1]

When the sun beheld Thee, O Christ, hanging in the flesh upon the Wood, its light was changed to darkness; and the earth quaked and the rocks were rent.

O Lord who in Thy surpassing love hast been crowned with thorns, cleanse my soul, for it is full of thorns and overgrown with the weeds of all the passions.

Theotokion

O all-pure Virgin, thou hast brought forth my Creator as a newborn babe. Entreat Him, then, I pray thee, to fashion me anew, who am grown old in evil.

Another Canon
TONE ONE
by Theodore

Irmos: Seeking Thee early in the morning...

At the place of the Skull, O Christ, the Jews who crucified Thee wagged their heads in laughter and mockery; and all this Thou hast endured for our salvation. [2]

[1] JER. 17:14; ISA. 53:5.
[2] MATT. 27:39.

Pilate wrote the inscription on Thy Cross in three languages, O Christ, showing in this way that Thou art one of the Trinity, who suffered of Thine own will for the salvation of all. [1]

Glory be to the Father...

O ye faithful, let us praise the threefold Sun of the Trinity supreme in radiance, honouring the Father as Light, glorifying the Son as Light, and proclaiming the Spirit as Light.

Now and ever...

Theotokion

O pure and honoured Virgin, He who was born of thee has made thee higher than the angels. For they are afraid to gaze on Him as God, but thou hast carried Him in thine arms as thy Son.

Glory to Thee, our God, glory to Thee.

O precious Cross, guardian and salvation of the world, watch over me as I fast and count me worthy to take part in thy holy veneration.

Irmos: Seeking Thee early in the morning, we sing Thy praises, Christ our God, who hast for our sakes become poor and in Thy flesh endured the Cross and death.

CANTICLE EIGHT

Irmos: For Thee, the Creator of all...

O Christ, Thou hast stretched out Thine hands upon the Cross, and so Thou hast destroyed the sin of our forefather who stretched out his hands in greed. By the Tree hast Thou healed the curse of the tree: therefore we sing Thy praises for ever. [2]

I fall down before Thee, O Word, who desirest my salvation. Cause the evil desires to vanish swiftly from my heart, O Thou who hast willingly endured the Cross and Passion.

I have loved the guilty life of the Prodigal and my soul has grown dark. O Word who at Thy Passion hast darkened the light of the sun, shine upon me with Thy brightness, that I may turn back to Thee.

Theotokion

Cause every ill to vanish from my greatly suffering heart, O Mother of Christ my God. Shatter the arrows and bows of the demons that make war against my humiliated soul.

[1] LUKE 23:38.
[2] DEUT. 21:23.

Second Canon

Irmos: Christ our God preserved the Children who sang His praises...

In our wretchedness what shall we offer Thee, O Master of all, who hast suffered for us? Thou hast endured the Cross for our sake, O Christ, and we sing the praises of Thy grace and boundless mercy.

The lawless Jews who from envy killed Thee on the accursed tree, harmed not the power of Thy glory. For Thou remainest Master of all, and Thou hast suffered by Thine own free choice. [1]

We bless the Lord, Father, Son and Holy Spirit.

I honour the three Persons of the Godhead that transcends all being, and I glorify for ever the Father without beginning, the Son and the Holy Spirit, undivided in essence and nature.

Now and ever...

Theotokion

We praise her who is higher that the heavens and exalted above the cherubim, the first among the saints, the undefiled Maiden who bore the God of all, and we exalt her above all for ever.

Glory to Thee, our God, glory to Thee.

O thrice-blessed Cross of Christ, while hidden in the earth thou hast given us a victory written in the sky;[2] grant that, cleansed by fasting, we may all be counted worthy to venerate thee.

We praise, bless and worship the Lord...

Irmos: Christ our God preserved the Children who sang His praises in the furnace, and He changed the roaring flames to dew; let us praise and exalt Him above all for ever.

CANTICLE NINE

Irmos: Rejoice, Isaiah...

O compassionate Saviour, take away the stony hardness of my soul, and grant me in Thy love a fountain of divine compunction: for Thou hast poured out life upon me from Thy side and lifted up mankind to Thee, O Lord.

Forsaking the heights of virtue I have thrown myself into the depths of sin. But draw me up and save me, for Thou hast ascended on the Cross and lifted up mankind to Thee, O Lord.

[1] MATT. 27:18; DEUT. 21:23; GAL. 3:13.

[2] A REFERENCE TO CONSTANTINE'S VISION (SEE *THE FESTAL MENAION*, P. 50).

O Lord Christ who art sweetness and delight, Thou the Creator hast tasted gall and raised up Adam's children from their fall that came about through sensual pleasure. Saved by Thy Passion, we sing Thy praises.

Theotokion

All-holy Lady, my hope and refuge, heal the wounds of my soul and give peace to my mind, that even I may praise thy greatness, Ever-Virgin Theotokos.

Second Canon

Irmos: Moses saw thee as a bush...

The transgressors in mockery clothed Thee with purple, O Christ, and crowned Thee as King, striking Thy head with a reed; and from envy they crucified Thee and gave Thee gall to drink. In our hymns with all the faithful we magnify Thee.

When the sun beheld Thy sufferings upon the Cross, it hid its light; and seeing the outrages which Thou hast undergone, O Master, the whole creation quaked and the rocks were rent. In our hymns, Christ our Saviour, we magnify Thee.

Glory be to the Father...

O Unity of the threefold Sun, Light and Life and Maker of all, God and Lord, shining with a single light, three Persons in one Godhead: with all the faithful we magnify Thee.

Now and ever...

Theotokion

In prophecy David the Psalmist called thee Zion: for He whom the heavens cannot contain made thee His dwelling-place, and from thy flesh He formed the mercy-seat of the world. In our hymns, pure Mother, we magnify thee. [1]

Glory to Thee, our God, glory to Thee.

O Lord, through abstinence enable us to run swiftly to Thy saving Cross, the Light of the faithful, and to behold and venerate it for our sanctification; that so through the Cross we may magnify Thee.

Irmos: Moses saw thee as a bush unconsumed by fire, and Jacob beheld thee as the living ladder and the gate of heaven, through which Christ our God has passed. In our hymns, pure Mother, we magnify thee. [2]

[1] Ps. 131:13-14; 3(1)Kgs 8:27; Exod. 25:17; Rom. 3:25; Heb. 9:5.
[2] Exod. 3:2; Gen. 28:12, 17.

Apostícha:

TONE SIX

I have scattered the riches which the Father gave me and wasted my life as the Prodigal, carried away by the evil thoughts of sin. Taking pleasure in the sweetness of passion, I have transgressed Thy saving commandments and become like the unthinking beasts. O Christ my God, who for my sake wast pleased to hang upon the Cross, deprive me not of sonship, but accept me as I now turn back to Thee like the Prodigal Son, and save me *(twice)*.

To the Martyrs

At the commemoration of Thy martyrs, O Lord, the whole creation keeps festival; heaven with the angels greatly rejoices, and the earth with all mankind makes glad. At their intercessions have mercy on us.

Glory be to the Father... Now and ever...

Stavrotheotokion

When the all-pure Virgin saw Thee hanging on the Cross, with a mother's grief she cried aloud: 'O my Son and my God! O my beloved Child! How dost Thou endure this shameful suffering?'

SIXTH HOUR

Troparion of the Prophecy:

TONE EIGHT

In Thy power, O God, Thou hast perfected all things through the Word, and brought us into being out of nothing. Deliver us not up to suffer for our trespasses, we entreat Thee, sinless Lord. [1]

Glory be to the Father... Now and ever... *Repeat.*

Prokímenon (Psalm 57):

TONE SIX

Do ye truly speak righteousness and are your judgements just, ye sons of men?

Verse: The righteous shall rejoice when he sees God's vengeance.

[1] Ps. 32:6; John 1:3.

Lesson: Isaiah 13: 2 – 13.

Prokimenon (Psalm 58):

TONE SEVEN

Deliver me from mine enemies, O God: defend me from them that rise up against me.

Verse: O God, Thou art my helper: O my God, Thou art my mercy.

VESPERS

To Lord, I have cried, *ten stichera are sung, beginning with the following:*

TONE SEVEN

Like the Prodigal, I have departed from Thy grace and wasted the riches of Thy love: but now I run to Thee crying, O compassionate Lord: I have sinned, O God, have mercy upon me *(twice).*

Then four stichera to the Martyrs in the Tone of the week, [1] *and four stichera to the saint of the day from the Menaion.*

Glory be to the Father...

Verse for the Dead in the Tone of the week. [1]

Now and ever...

Theotokion in the Tone of the week. [1]

Prokimenon (Psalm 59):

TONE FOUR

Give us help in our troubles: for vain is the help of man.

Verse: O God, Thou hast rejected us and destroyed us: Thou wast angry, but hast taken pity on us.

Lesson: Genesis 8: 4 – 21

Prokimenon (Psalm 60):

TONE SIX

Hear my supplication, O God: give ear unto my prayer.

[1] SEE BELOW, PP. 310-343.

Verse: So will I sing praise unto Thy Name for ever.
Lesson: Proverbs 10: 31 – 11: 12.

And the rest of the Liturgy of the Presanctified.

COMPLINE

In the modern Greek use, the third section of the Akathist Hymn is sung at Small Compline, beginning at the seventh ikos A new creation..., *and ending with the tenth kontakion* Wishing to save the world... *(see* THE LENTEN TRIODION, *pp. 428-30). Otherwise the order of service is as on the preceding Friday (see p. 116).*

SATURDAY IN THE THIRD WEEK

MATTINS

After the Six Psalms and the Great Litany, we sing Alleluia in TONE TWO, with the same troparia as on the preceding Saturday: Apostles, martyrs and prophets...; Glory be to the Father...; Remember Thy servants, O Lord...; Now and ever...; O holy Mother of the ineffable Light... *(see p. 117).*

Then the two appointed readings from the Psalter, the sessional hymns, the Evlogitaria for the Dead, and Psalm 50, as on the preceding Saturday.

The Canon

As on the preceding Saturday, we use the Canon to the Saint of the day from the Menaion, with six troparia (including the irmos). Up to the end of Canticle Five, this is followed by the Canon to the patron saint of the church or monastery, with four troparia. From Canticle Six onwards, we omit the Canon to the patron saint, and after the Canon from the Menaion we use the two four-canticled Canons from the Triodion, with eight troparia.

CANTICLE SIX

First Canon
TONE FOUR
by Joseph

Irmos: I went down into the deep waters of the sea...

O victorious martyrs, worthy of our praise, with the drops of your blood ye have watered the hearts of the Orthodox and drowned the hosts of the ungodly.

With your own bodies ye glorified the Master of all, and now ye are glorified without ceasing, O martyrs, glory of the faithful and their chief defenders.

For the Dead

Thou wast laid in the lowest pit, O Word of God: at the prayers of

the holy martyrs grant rest and forgiveness of sins to those who have died in the faith. [1]

Theotokion

Accept these our prayers, O Virgin, and entreat thy Son that we may receive forgiveness of our trespasses; and we shall praise thee with joyful voices.

Another Canon
TONE EIGHT
by Theodore

Irmos: Held fast by many sins...

Now is the festival of the martyrs: with all haste let us meet together and glorify their sufferings, and let us sing in praise of Christ who has granted to them victors' crowns.

O blessed martyrs, aflame with divine love for Christ, singing in praise of Him, ye walked upon the coals of fire as if upon dew.

Glory be to the Father...

I sing Thy praises, Trinity without beginning, divine Unity; Light and Lights Thou art, Life and Lives, one Holy and three Holies: Mind, Word and Spirit, the one God.

Now and ever...

Theotokion

Leap for joy, Jesse the forefather; from thy root has sprung the Flower of Life that saves the world, Christ our God, born from the pure Virgin. [2]

Verse: God is wonderful in His saints, the God of Israel.

To the Martyrs

Fearing neither fire nor sword nor death, O blessed martyrs, strengthened by Christ, ye held fast to the confession of salvation.

Verse: Their souls shall dwell in prosperity.

For the Dead

Free among the dead, as Ruler over life and death, do Thou give rest to those whom Thou hast taken, and make them dwell in Thy courts, O Lord who lovest mankind. [3]

[1] Ps. 87:7.
[2] Isa. 11:1.
[3] Ps. 87:5.

Irmos: Held fast by many sins, I fall down like the prophet [1] before Thy tender mercies. Accept me also in Thy love for mankind, O Lord, and save me.

The kontakion for the Dead in TONE EIGHT, With the saints give rest..., *and the ikos* Thou only art immortal... *(see* THE LENTEN TRIODION, *p. 135).*

CANTICLE SEVEN

Irmos: The three Children in Babylon...

To what shalt thou be likened, O my soul, in thy love for brutish passions? Who has ever surpassed thee in sin? But cry aloud to Christ: In Thy love, save me.

Pray urgently, O saints, to Him who dwells among the holy ones, that in these holy days He may sanctify the minds of all the faithful.

For the Dead

O Most High, who art rich in love and mercy, grant forgiveness to Thy servants who have fallen asleep, and in Thy compassion number them in the choirs of the saints.

Theotokion

Outside the laws of nature thou hast borne the Creator made man. Pray to Him, O Undefiled, to overlook the transgressions and offences of us all.

Second Canon

Irmos: Thou hast refreshed the Children in the furnace...

Thou hast established the memorials of Thine honoured martyrs for the joy of the Church and the consolation of our souls. O God of our fathers, blessed art Thou.

'We will not betray Thee, O Christ, we will not deny Thee', cried the martyrs in the midst of their tortures, to the amazement of their lawless judges.

Glory be to the Father...

We honour one Nature in the three Persons of Father, Son and Spirit, and we cry aloud like the prophet: O God of our fathers, blessed art Thou.

Now and ever...

[1] JONAH.

Theotokion

How dost thou bear child as a mother and yet remain a virgin? 'Do not ask how I have given birth to God,' says the Child of God, 'for He does whatever is His will.'

Verse: To the saints that are in the earth, the Lord has shown the wonders of His will.

To the Martyrs

O choirs of martyrs glorified by God, grant that your servants may venerate the divine and lifegiving Cross of the Saviour.

Verse: Blessed are they whom Thou hast chosen and taken to Thyself, O Lord.

For the Dead

Giver of life, immortal King, grant Thine eternal life to Thy servants whom Thou hast chosen and taken to Thyself in faith and hope.

Irmos: Thou hast refreshed the Children in the furnace through an angel and changed the roaring flames to dew. O God of our fathers, blessed art Thou.

CANTICLE EIGHT

Irmos: O all-powerful Deliverer of all...

O martyrs, ye advanced with fearless mind to the struggles and sufferings of the arena; ye endured pain in your flesh, and now ye are translated to a life without pain or sorrow, and ye lighten all the sorrows of our hearts.

O divine martyrs, in exchange for corruptible things ye have received the joys of heaven. I am corrupted by the passions of the flesh; intercede on my behalf before the God of all, that I may be saved through fasting and persistent prayer.

For the Dead

O Christ, at the prayers of Thy martyrs send down Thy mercy on us all. Grant remission of sins and divine rest to those who have departed this life and gone to dwell with Thee, the Lord of compassion.

Theotokion

O Theotokos, who hast borne the sinless God, through thine intercessions as His Mother blot out our sins and save us as we cry aloud: O ye works of the Lord, bless ye the Lord.

Second Canon

Irmos: Inspired by God, the Children in the furnace...

O victorious martyrs, ye endured fiery torments as if they were dew, and with joy ye cried aloud: O ye works of the Lord, bless ye the Lord.

God's army, the host of the martyrs, has put error to flight, crying aloud in triumph: O ye works of the Lord, bless ye the Lord.

We bless the Lord, Father, Son and Holy Spirit.

Worshipping the Father together with the Son and the Holy Spirit let us all cry aloud in faith: O Trinity in Unity, save our souls.

Now and ever...

Theotokion

O All-Pure, thou art both Virgin and Mother, for without knowing a man thou hast conceived the God of all. Pray to Him for the salvation of thy servants.

Verse: God is wonderful in His saints, the God of Israel.

To the Martyrs

At the prayers of Thy martyrs, O Christ our Saviour, count Thy servants worthy to behold and venerate the lifegiving Cross, the token of Thy love.

Verse: Their souls shall dwell in prosperity.

For the Dead

Thou hast destroyed the power of death by Thy Rising from the dead; give rest with Thine elect to the departed, that they may praise Thee, Lord.

We praise, bless and worship the Lord...

Irmos: Inspired by God, the Children in the furnace trampled underfoot the flames of fire, and sang aloud: O ye works of the Lord, bless ye the Lord.

CANTICLE NINE

Irmos: Eve through the sickness of disobedience...

Firmly established on the spiritual rock, O victorious martyrs, ye remained unshaken by all the cunning assaults of the enemy. I am shaken by soul-corrupting passions: through your prayers to God, make me firm and steadfast.

O company of the martyrs that shines with the divine Light, pray to the Master that, during the season of the Fast, in His surpassing love He may grant us all the forgiveness of our sins and everlasting joy.

For the Dead

O Lord who alone art good and lovest mankind, grant that Thy servants who have fallen asleep in the hope of Resurrection may share in Thine eternal Light that knows no evening and in the food of joy; for with fear we magnify Thee.

Theotokion

Thy holy womb, pure Virgin, became the dwelling-place of the Light. Therefore I cry to thee in faith: Enlighten the eyes of my soul and show me the right path, for with true sincerity I call thee blessed.

Second Canon

Irmos: We magnify thee, the Mother of the Light...

O ye faithful, let us celebrate the memorial of the martyrs, and praise their struggles and their sufferings, that we may share in their glory.

The wild beasts shrank back in fear before your courage; the fire withdrew, the weapons of your adversaries were broken. O victorious martyrs, wonderful is God in you His saints. [1]

Glory be to the Father...

O Nature without beginning, O Unity in three Persons, Father, Son and Holy Spirit, Light and Life supreme in Godhead, watch over those who glorify Thee.

Now and ever...

Theotokion

We bless Thee, the God of Israel, who wast made manifest to the world from a Virgin and hast raised up a horn of salvation for us. [2]

Verse: To the saints that are in the earth, the Lord has shown the wonders of His will.

To the Martyrs

O intercessors for the world, victorious martyrs of Christ, by your prayers make us all worthy to behold and venerate His Cross.

Verse: Blessed are they whom Thou hast chosen and taken to Thyself, O Lord.

[1] Ps. 67:36.
[2] Luke 1:68-69.

For the Dead

Make Thy departed servants to dwell, O Son of God, where the fountain of life flows and where the light of Thy countenance shines upon them. [1]

Irmos: We magnify thee, the Mother of the Light, and we glorify thee, O Virgin Theotokos, for thou hast borne Christ the Saviour of our souls.

Then the Hymn of Light in the Tone of the week, the exapostilarion for the Dead, Lauds, the Aposticha, and the rest of Mattins as on the preceding Saturday (see p. 124).

LITURGY

We follow the same order as on the preceding Saturday, except that the readings for the day are different.

Epistle: For the day: Hebrews 10: 32 – 38.
For the Dead: 1 Thessalonians 4: 13 – 17.

Gospel: For the day: Mark 2: 14 – 17.
For the Dead: John 5: 24 – 30.

[1] Ps. 35:10; 43:4.

THIRD SUNDAY IN LENT

on which we celebrate

THE ADORATION OF THE CROSS

SMALL VESPERS ON SATURDAY EVENING

To Lord, I have cried, *four stichera are sung:*

TONE SIX

Now the hosts of angels gather in reverence and bear aloft the honoured Wood, and they call together all the faithful to the veneration of the Cross. Come, then, and illumined by the Fast, with joy and fear let us fall down before it, crying with faith: Rejoice, O precious Cross, the sure protection of the world *(twice)*.

To destroy the curse of Adam, Thou dost assume our flesh, free from the stain of sin; and in Thy surpassing love, O Jesus, Thou art crucified and slain. Therefore we venerate in faith Thy Cross, the spear, the sponge, the reed and nails, and we pray to see Thy Resurrection. [1]

The serpent once closed Eden by means of a tree, but the tree of the Cross has opened it again to all those who are willing to be cleansed by tears and fasting. Come then, and seeing it placed now before us, in fear let us fall down and cry with faith: Open the gates of heaven to those who love thee, O Cross.

Glory be to the Father... Now and ever...

Stavrotheotokion

SAME TONE

Beholding Thee, O Word of God, nailed to the Cross, Thy Virgin Mother cried aloud lamenting: 'Woe is me, beloved Child! What is this humiliation, O my God? How dost Thou who art impassible endure the Passion through an unjust condemnation? I praise Thy dread and boundless self-abasement.'

[1] Heb. 4:15.

Aposticha:

TONE TWO

to the special melody O house of Ephrata...

O ye faithful, set loose from the bonds of the ancient condemnation by the Wood of the Cross, let us glorify Christ who was nailed upon it.

Verse: Exalt ye the Lord our God: and worship at His footstool, for He is holy *(Psalm 98:5)*.

Come now with us, O David, strike the harp and sing: 'Exalt Christ, O ye faithful, and worship at His footstool.'

Verse: God is our King of old: working salvation in the midst of the earth *(Psalm 73:12)*.

O ye peoples, let us look upon the Wood placed now before us, and let us venerate it with faith: for through the Cross Christ grants to us salvation.

Glory be to the Father... Now and ever...

Stavrotheotokion

O Virgin, beholding thy Son uplifted for man's sake upon the Cross, thou hast cried out lamenting: 'Glory to Thy tender mercy.'

Apolytikion (troparion) of the Cross:

TONE ONE

O Lord, save Thy people and bless Thine inheritance, granting Orthodox Christians victory over their enemies,[1] and guarding Thy commonwealth with Thy Cross.

And the Dismissal.

[1] LITERALLY, 'GRANTING THE KINGS VICTORY OVER BARBARIANS'.

MONDAY IN THE FOURTH WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of repentance in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE EIGHT

O ye faithful, let us venerate the holy Wood on which the Maker of all was raised. It lies before us, sanctifying in soul and body those who draw near, cleansing the defilement of sin from all who fast with faith and ever sing in praise of Christ, the only Benefactor.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

The Word of the Father came down to earth, and an angel of light cried to the Theotokos: 'Hail, blessed Maiden, who alone hast guarded safely the bridal chamber: thou shalt conceive the eternal God and Lord, that in His divine power He may save mankind from error.'

After the third reading from the Psalter, the following sessional hymns:

TONE THREE

Now that we have come, my Christ, to the middle of the time of abstinence, and have reached the veneration of Thy lifegiving Cross, falling down before it we call upon Thee: Mighty art Thou, who lovest mankind, and mighty are Thy works, for Thou hast made manifest Thy precious Cross. In fear we venerate it as we cry: Glory to Thy boundless compassion.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

Vine that has never known the husbandman, O Virgin, thou hast borne the ripe Cluster of grapes. From Him we receive the wine of salvation, making glad the souls and bodies of us all. Therefore do we

call thee blessed, for thou art the cause of all good things, and for ever with the Angel we cry out to thee: Hail, O full of grace. [1]

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-canticled Canons from the Triodion; we sing the first Biblical Canticle.

CANTICLE ONE

First Canon
TONE EIGHT
by Joseph

Irmos: The rod of Moses working wonders...

The feast of the veneration of the Cross has come, shining as the sun with the light of salvation, and shedding its radiance upon all held fast by the darkness of the passions. Let us then make haste with pure hearts to adore the Cross.

Cleansed by the grace of the Fast, let us in thanksgiving cry aloud with a pure mind unto Him who alone is pure: Thou hast given Thy blood for all of us, O Word, and Thou dost sanctify us by Thy Cross.

Bound hand and foot at all times by the attacks of the serpent, I lie gravely wounded. O Saviour, by Thy Passion on the Cross Thou hast raised up our first parents from their fall: raise me up and guide me to the fulfillment of Thy will. [2]

Stavrotheotokion

Standing by Thy Cross, O Lord and Master, the Virgin looked upon Thy wounds: and, pierced to the heart, she cried aloud: 'Woe is me, my Son! I felt no pains of childbirth when I bore Thee, but now I am broken by anguish.'

Another Canon
TONE THREE
by Theodore

Irmos: Let us sing to the Lord, who has worked marvellous wonders...

This is a holy week of light, in which the precious Cross is exalted in the sight of all the world. With souls enlightened let us come, kissing it with fear and love, and let us glorify in songs Christ who was crucified upon it.

[1] Ps. 103:15; Luke 1:28, 48.
[2] Num. 21: 8-9.

In solemn procession we all venerate Thy Cross, O Christ, and with expectant hope we glorify Thy Resurrection; we sing the praises of the nails that pierced Thee, and we honour Thy spear, for through them the eyes and lips of our soul and body are made pure.

Glory be to the Father...

O Trinity praised in Unity of Essence, Father and Son with the All-Holy Spirit, Godhead without beginning, eternal and uncreated, Life and fountain of Light: with all mortal men we worship Thee who hast brought all things into being.

Now and ever...

Theotokion

We sing thy praises, O pure Virgin Theotokos, chariot of the cherubim, from whom God was born. For thou alone wast made a fountain of incorruption, bringing life to all, and from thy waters we draw healing.

Glory to Thee, our God, glory to Thee.

Reaching the middle of the forty days' Fast, with eager hearts let us go forward with Christ to the divine Passion; that, crucified with Him, we may be sharers in His Resurrection. [1]

Irmos: Let us sing to the Lord, who has worked marvellous wonders in the Red Sea: for in the deep waters He has drowned our enemies and has saved Israel. To Him alone let us sing, for He is glorified.

CANTICLE EIGHT

Irmos: The Chaldaean tyrant in his madness...

O Lord, have mercy and take pity on my soul and mind that lie wounded by poisonous passions; protect me with the breastplate of Thy Cross and with the Blood that flows from Thy side, that I may sing with all my heart: O ye priests bless and ye people exalt Him above all for ever.

Moses of old prefigured thee, O precious Cross, when he lifted up his arms upon the mountain and put Amalek to flight; and today, as we venerate thee, we overthrow the alien hosts of demons and we sing with faith: O ye priests bless and ye people exalt Him above all for ever. [2]

[1] JOHN 11:16; ROM. 6:5-8; GAL. 2:20.
[2] EXOD. 17:10-14.

I am shaken by passions, ensnared by enemies, and led away prisoner by evil habits. Take pity on me, O compassionate Lord, and arm me with the breastplate of Thy Cross, that with heart unshaken I may sing: O ye Children bless, O ye priests praise, O ye people exalt Him above all for ever.

Stavrotheotokion

Groaning in anguish, lamenting with a mother's grief, unable to bear the agony in thy heart, thou hast gazed upon the Cross and cried to Him that was born from thy womb: 'O Child, what is this that I see? How dost Thou suffer who by nature canst not suffer? It is because Thou seekest to deliver from corruption all mankind.'

Second Canon

Irmos: God is glorified on high...

Beholding the Cross of Christ exalted in the Church, let us draw near in fear and faith, O brethren, and let us venerate it crying: Thou hast brought life to mortal men, O Giver of Light.

Heaven revealed thee, O lifegiving Cross, as the ensign of victory in battle, the unconquerable weapon of kings, the destroyer of enemies, the horn of the Churches, and the salvation of the faithful.

We bless the Lord, Father, Son and Holy Spirit.

I glorify the Holy Father, I honour the Holy Son, and I sing in praise of the Holy Spirit, simple Trinity, one in Essence. Each Person is God, three Lights yet one Light coming from a single Sun.

Now and ever...

Theotokion

Hail, Gate through which none may pass; hail, Bush unconsumed; hail, golden Vessel of manna; hail, Mountain not cut by hand of man; hail, Theotokos, the unbroken hope and rampart of those that put their trust in thee. [1]

Glory to Thee, our God, glory to Thee.

O brethren, having come to the middle of the Fast, in good courage and with willing hearts let us complete with God's help the part which still remains, that in great joy we may behold the Passover of the risen Christ.

We praise, bless and worship the Lord...

[1] EZEK. 44:1-3; EXOD. 3:2; 16:33; HEB. 9:4; DAN. 2:34-35, 45.

Irmos: God is glorified on high by the angels with never-silent voices; let the heaven of heavens, the earth and the mountains, the hills and the deep and all mankind sing to Him, their Maker and Creator, bless, praise and exalt Him above all for ever.

CANTICLE NINE

Irmos: Every ear trembled with fear...

When Jacob blessed his grandchildren of old, he openly prefigured the precious Cross. Through the Cross, O compassionate Lord, give us Thy blessing; and to those that venerate it and glorify Thee as the Deliverer of all, grant grace and sanctification. [1]

Cleansed in soul and mind by the water of fasting, O ye faithful, let us embrace the lifegiving and divine Wood that is exalted before us all: for it is a fountain of forgiveness and heavenly light, a source of life and true rejoicing.

I know, O Lord, that Thou wilt come as dread Judge in the glory of the Godhead, to lay bare the hidden sins of all. Therefore I call upon Thee in Thy love: I have sinned, forgive me; put me not to shame, but pass over my many and grievous trespasses.

Stavrotheotokion

When the Ewe beheld the Lamb led to the slaughter and saw the light of the sun darkened, she said weeping: 'O Jesus, sun of glory, Thou hast set in death. But shine forth with the light of Thy Resurrection upon those that love Thee.' [2]

Second Canon

Irmos: In the bush upon Mount Sinai...

Today, recalling David's words, let us all worship at the place where the feet of our God and Master stood, and let us venerate the precious Cross. For He who encloses all things in the hollow of His hand, mounted upon it. [3]

O ye that dwell on earth, draw near cleansed by fasting, and behold today the honoured Cross that lies before you. Venerate it in fear and be glad in faith, and rejoice as ye draw from it sanctification for your souls.

Glory be to the Father...

[1] GEN. 48:13-14.
[2] ISA. 53:7; MATT. 27:45.
[3] PS. 98:5; ISA. 40.12.

The Trinity supreme in Godhead is by Essence an undivided Unity. Though single in Nature, it is distinguished in Persons; though indivisible, it is divided; though one, it is three: Father, Son and Spirit of Life, together guarding all things.

Now and ever...

Theotokion

Who has ever heard of a virgin that bore child and a mother that knew not man? O Mary, this miracle hast thou accomplished, but tell me how? 'Do not enquire into the mystery of my childbearing: it is altogether true, yet beyond man's understanding.'

Glory to Thee, our God, glory to Thee.

With all mankind let us offer thankful praise to God, as we now behold and kiss the holy Cross. Understand, ye demons, and submit to the Cross; understand, ye barbarian peoples, and submit to it: for God is with us. [1]

Irmos: In the bush upon Mount Sinai Moses saw thee, who hast conceived within thy womb the fire of the Godhead, and yet wast not consumed. Daniel saw thee as a mountain not cut by hand of man, and Isaiah proclaimed thee as the Rod that blossomed from the root of David. [2]

Aposticha:

TONE SIX

Thou Thyself hast shown us, O Christ, that the best path to exaltation is humility; and Thou hast emptied Thyself and taken the form of a servant. Thou hast not hearkened to the arrogant prayer of the Pharisee, but in heaven Thou hast accepted the contrite sighing of the Publican as a blameless sacrifice. Therefore I also cry to Thee: Be merciful to me, O God, be merciful, my Saviour, and save me *(twice)*. [3]

To the Martyrs

At the commemoration of Thy martyrs, O Lord, the whole creation keeps festival; heaven with the angels greatly rejoices, and the earth with all mankind makes glad. At their intercessions have mercy upon us.

Glory be to the Father... Now and ever...

[1] Isa. 8:9-10.
[2] Exod. 3:2; Dan. 2:34-35, 45; Isa. 11:1.
[3] Matt. 23:12; Luke 18:10-14; Phil. 2:7.

Theotokion

Thou hast accepted the word of the Archangel and wast revealed as throne of the cherubim, and in thine arms, O Theotokos, thou hast held the Hope of our souls.

FIRST HOUR

In place of Order my steps..., *we sing three times, making three prostrations:* We venerate Thy Cross, O Master, and we glorify Thy holy Resurrection.

In some churches at this point they also sing Come, ye faithful and let us venerate..., *with the verses that follow, as on Sunday (see* THE LENTEN TRIODION, *pp. 348-50), while the faithful come up to venerate the Cross.*

During the Hours after Our Father... *we use the kontakion:*

The fiery sword no longer guards the gate of Eden, for in a strange and glorious way the wood of the Cross has quenched its flames. The sting of death and the victory of hell are now destroyed, for Thou art come, my Saviour, crying unto those in hell: 'Return again to Paradise.'

SIXTH HOUR

Troparion of the Prophecy:

TONE SEVEN

O Lord, rebuke not in Thine anger the people that has sinned, neither chasten us in Thy displeasure, since Thou art full of love. For all the earth glorifies Thee, and we pray: spare us, O Holy One. [1]

Glory be to the Father... Now and ever... *Repeat.*

Prokimenon (Psalm 61):

TONE SIX

In God is my salvation and my glory: He is the God of my help.

Verse: Shall not my soul be subject unto God? For from Him comes my salvation.

Lesson: Isaiah 14: 24 – 32.

[1] Ps. 37:2.

Prokimenon (Psalm 62):

TONE FOUR

I will bless Thee while I live: I will lift up my hands in Thy Name.

Verse: O God, my God, early will I seek Thee: my soul has thirsted for Thee.

VESPERS

To Lord I have cried, *six stichera are sung, the first three being from the Triodion:*

TONE EIGHT

by Joseph

As we reach today the middle of the time of abstinence, by the power of the Cross let us praise Him who was raised upon it in the midst of the earth; and let us glorify Him as our mighty Saviour and our God, crying aloud: Grant us to behold, O Master, Thy Passion and Thy holy Resurrection, and bestow on us forgiveness and great mercy. [1]

Let us humble the passions of the body through abstinence from food and the rejection of pleasures, and let us embrace with faith the wood of the Cross; for it is exalted before us for our veneration, and it hallows all men with the grace of God. So let us cry aloud unto the Lord: We thank Thee, O compassionate Master, who through the Cross dost save our souls.

SAME TONE

by Theodore

As now we venerate the Cross, let us all cry: Hail, Wood of life; hail, holy sceptre of Christ; hail, heavenly glory of mortal men; hail, pride of kings; hail, strength of the faith; hail, unconquerable weapon; hail, vanquisher of enemies; hail, radiant light that saves the world; hail, great glory of martyrs; hail, power of the righteous; hail, splendour of the angels; hail, precious Cross!

Then three stichera to the saint of the day from the Menaion. Glory be to the Father... Now and ever...; *and the Theotokion from the Menaion.*

[1] Ps. 73:12.

Prokimenon (Psalm 63):

TONE EIGHT [1]

Hear my voice, O God, when I pray unto Thee.

Verse: Deliver my soul from fear of the enemy.

Lesson: Genesis 8: 21 – 9: 7

Prokimenon (Psalm 64):

TONE SIX

Hear us, O God our Saviour, the hope of all the ends of the earth and of them that are far off at sea.

Verse: To Thee is due praise, O God, in Zion; and unto Thee shall the vow be performed in Jerusalem.

Lesson: Proverbs 11: 19 – 12: 6.

Aposticha:

TONE EIGHT

The proud-speaking Pharisee was rejected for his boasting, but the humbleminded Publican was justified through his silent prayer. Learn, O my soul, the difference between the two; choose humblemindedness and accept it in thine heart: for Christ has promised to give grace unto the humble, in His love for mankind *(twice)*. [2]

To the Martyrs

O martyrs of the Lord, we beseech you, offer intercession to our God: pray for abundant mercy on our souls and the forgiveness of our many sins.

Glory be to the Father... Now and ever...

Theotokion

I run to thy protection, O holy Virgin Theotokos, and I know that I shall find salvation: for thou, pure Lady, hast the power to help me.

[1] In the Slav books, Tone Six.

[2] Luke 18:10-14; Jas.4:6.

TUESDAY IN THE FOURTH WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of repentance in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE EIGHT

Illumined in our souls through abstinence, let us venerate the saving Cross upon which Christ was nailed, and let us cry aloud to it: Hail, the delight and sure help of those that fast; hail, destroyer of the passions, adversary of the devils; hail, blessed Wood!

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

O ye faithful, let us magnify in hymns the Theotokos, unshakable foundation of the Faith and precious gift conferred upon our souls. Hail, for thou hast held within thy womb the Rock of life; hail, hope of all the ends of the earth, succour of the afflicted; hail, Bride without bridegroom! [1]

After the third reading from the Psalter, the following sessional hymns:

TONE EIGHT

The inhabited earth venerates Thy Cross, O Lord, as the life of the creation, and it cries to Thee: By the operation of Thy Cross and through abstinence, keep in profound peace those who praise and bless Thee, O most merciful.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

Hail, for through the Angel thou hast received the Joy of the world; hail, for thou hast borne thy Maker and thy Lord; hail, for thou wast counted worthy to become Mother of Christ our God!

[1] DEUT. 32:4; 1COR. 10:4.

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-canticled Canons from the Triodion; we read the second Biblical Canticle.

CANTICLE TWO

First Canon
TONE EIGHT
by Joseph

Irmos: See now, see that I am God, who led the people of Israel in times of old through the Red Sea, and saved them and fed them, setting them free from the bitter bondage of Pharaoh.

Today, in the middle of the Fast, we worship with faith the Cross that Thou hast endured in the midst of the earth, O Messiah and Word of God, and we pray also to see Thy Resurrection. [1]

With the rod of power that was prefigured by Moses, let us divide in two the sea of the passions and so reach the promised land; and let us feast upon the spiritual Manna. [2]

Who will not weep for thee? Who will not mourn for thee, O soul that lovest evil? Thou dost not seek the good with eagerness, but dost always despise the righteous Judge, who shows longsuffering towards thee.

Theotokion

O Virgin, thou hast conceived Christ, who took flesh yet underwent no change. Pray to Him urgently, that He may deliver from the passions of the flesh those who venerate the Cross He endured in the flesh.

Another Canon
SAME TONE
by Theodore

Irmos: See now, see that I am your God, before all ages begotten...

See now, see that I am your God, who grants my Cross as a weapon of salvation, to be venerated by the inhabited earth: that those who reverence it may destroy the schemes of the enemy.

Great and most merciful art Thou, O Lord, for Thou hast given us for veneration Thy lifegiving Cross, on which Thy hands and feet were nailed; and Thy Blood flowed upon it from Thy most pure side, as a fountain of life for us.

[1] Ps. 73:12.
[2] Exod. 14:16-21; 16:15.

Glory be to the Father...

Unity in three Persons, supreme in Godhead and surpassing all perfection, Father unbegotten, Son only-begotten, Spirit proceeding from the Father and made manifest through the Son, single in Essence and in Nature, one Lordship and one Kingdom, save us all.

Now and ever...

Theotokion

The wonder of thy conceiving is past speech, O Mother and Virgin: for how hast thou given birth and yet remained undefiled? How dost thou bear child without knowing a man? 'All this is understood by the Word of God, who was born from me in a new way, surpassing nature.'

Glory to Thee, our God, glory to Thee.

When great Moses stretched out his hands and overthrew Amalek, he prefigured thee for us, O Cross. And when we make the sign of the Cross in dark places and the air, we turn to flight and defeat our enemy, the author of all evil, as we sing in praise of Christ. [1]

Irmos: See now, see that I am your God, before all ages begotten from the Father, and in the last times conceived without man by the Virgin: and I have destroyed the sin of Adam the forefather in My love for mankind.

CANTICLE EIGHT

Irmos: O Thou who coverest Thy high places with the waters...

Lifted upon the Tree, as God Thou hast shaken the foundations of all the earth, O Lord, and given to the faithful the saving weapon of Thy Cross as a strong support that cannot be shaken. We venerate it and exalt Thee above all for ever. [2]

Beholding the Wood of the Cross shining brighter than the sun's rays, let us now draw near, radiant with the lightning of the Fast. Let us kiss it, drawing from it the grace full of light that drives away the darkness, and let us exalt Christ above all for ever.

O Word, Thou art the living water that springs up for eternal life; and Thou hast poured forth blood and water from Thy side upon the Cross, O Master, checking the rivers of sin. Therefore I entreat Thee: dry up the evil streams of my passions. [3]

[1] EXOD. 17:10-14.
[2] HAG. 2:6.
[3] JOHN 4:14; 7:38; 19:34.

Theotokion

O pure and holy Virgin Mother of God, our spiritual sanctuary, thou hast borne God who takes His rest among His holy ones. This day He makes holy all the ends of the earth by the divine veneration of the all-holy Cross, on which He was nailed in the flesh.

Second Canon

Irmos: O ye angels and ye powers of heaven...

Come, ye people, and behold the lifegiving Wood now set before us, on which Christ our God was crucified. With fear we sing the praises of the Cross, made from three kinds of wood [1] as a figure of the Trinity; and, venerating it with fear, let us raise our cry, as we bless, praise and exalt Christ above all for ever.

We bless the Lord, Father, Son and Holy Spirit.

The Trinity is one God: the Father is not begotten like the Son, nor does the Son proceed like the Spirit, but each keeps His distinctive properties; and I glorify the Three as Light and God for ever.

Theotokion

Thou alone hast conceived and yet remained inviolate; thou alone hast given suck to thy child, yet hast not known the pains of travail; thou alone hast borne thy Maker and Master, and art both His Handmaid and His Mother. We sing thy praises, O Virgin Mother, for ever.

Glory to Thee, our God, glory to Thee.

O Christ, by a word Thou hast given sight to the man blind from birth; open once more the blinded eyes of my heart, that I may behold the light of Thy commandments for ever. [2]

We praise, bless and worship the Lord...

Irmos: O ye angels and ye powers of heaven, sing to Him who sits upon the throne of majesty, and is glorified unceasingly as God: bless, praise and exalt Him above all for ever.

CANTICLE NINE

Irmos: Blessed be the Lord God of Israel...

Blessed be the Lord God of Israel, for He has destroyed the ancient curse by His Cross, which He has given to us as our support and refuge and firm foundation; and by its power we shall overthrow our enemies.

[1] CYPRESS, PINE AND CEDAR: CF. ISA. 60:13 (SEPT.).
[2] JOHN 9:1-7.

I am held fast in the bonds of my countless sins, O Christ, and deliberately I refuse to seek Thy paths which lead me to salvation. Turn me back by Thy Cross and free me from my blindness, in Thine ineffable mercy and compassion.

Sinfully I have followed the Pharisee in his arrogance; bitter and terrible has been my fall, and I lie trampled by the enemy. But take pity on me, O Christ, and save me, for out of pity Thou hast humbled Thyself, O most high King of Glory. [1]

Theotokion

All generations call thee blessed, O pure Virgin: for Jesus, who was born from thy womb in a manner understood by Him alone, has magnified thee. Pray to Him for the salvation of thy flock and people.

Second Canon
The same Irmos

Blessed be the Lord God of Israel, for He has destroyed the ancient curse by His Cross, which He has set before us for our veneration. Let us kiss the Cross in faith and sing its praises, as continually we glorify His great mercy.

O precious Cross, thou art the glory of the Church, the weapon of kings, the ensign fashioned by God and giving peace to all the world. O Cross, thou art the joy of the Orthodox, the guardian of the inhabited earth: keep and sanctify those who venerate thee.

Glory be to the Father...

Glory to Thee, O Holy Trinity, Unity equal in honour, divine Nature, one dread Dominion, Father, Son and Spirit, Light that no man can approach, Godhead that has no beginning: save those who worship Thee, O Creator of all. [2]

Now and ever...

Theotokion

Standing by Thy Cross, O Jesus, Thy Mother looked on Thee her Lamb and Shepherd and Master. She lamented bitterly, and, wounded to her heart, she cried to Thee, O Christ, 'What is this strange sight? O Life, how dost Thou die?'

Glory to Thee, our God, glory to Thee.

[1] LUKE 18:10-14.
[2] 1TIM. 6:16.

As Thou hast saved repentant Manasses, O God, save me also, Thy servant, and reject me not, for I repent bitterly with tears. I have turned aside as Israel of old, living all my days like the Prodigal.

Irmos: Blessed be the Lord God of Israel, for He has raised up a horn of salvation for us in the house of His servant David; whereby the Dayspring from on high has visited us, and guided us into the way of peace. [1]

Aposticha:

TONE EIGHT

Consider, my soul, how the vainglorious Pharisee was condemned because of pride, and how the humbleminded Publican was justified through confessing his transgressions. Make haste to reject the Pharisee's rash self-assurance, and to follow the Publican by confessing thine offences. Through control of the passions rouse thyself to attain the exaltation which cannot be abased, conferred on thee by Christ in His great mercy *(twice)*.

To the Martyrs

Bravely have ye fought, O holy martyrs; steadfastly ye endured the tortures of lawless men, confessing Christ before kings. And, departing from this life, ye now work miracles throughout the world, healing from their passions those in sickness. Pray for the salvation of our souls.

Glory be to the Father... Now and ever...

Theotokion

Thy protection, O Theotokos Virgin, is a source of spiritual healing: taking refuge beneath it, we are delivered from the diseases of our souls.

SIXTH HOUR

Troparion of the Prophecy:

TONE SIX

We venerate Thy Cross, O Master, and we glorify Thy holy Resurrection.

Glory be to the Father... Now and ever... *Repeat.*

[1] LUKE 1:68-69, 78-79.

Prokimenon (Psalm 65):

TONE EIGHT [1]

O be joyful in the Lord, all the earth: sing praises to His Name, make His praise to be glorious.

Verse: O bless our God, ye peoples: and make the voice of His praise to be heard.

Lesson: Isaiah 25: 1 – 9.

Prokimenon (Psalm 66):

TONE SIX

May God, our God, bless us: may God bless us, and let all the ends of the earth fear Him.

Verse: God be merciful unto us and bless us, and cause His face to shine upon us.

VESPERS

To Lord, I have cried, *six stichera of the Cross are sung:*

TONE SIX

O merciful Lord, Thou hast endured the Cross and Passion in the midst of the earth, granting unto all men redemption and freedom from the passions. Therefore, on this middle day of the Fast, we set this Thy Cross before us and we venerate it with great joy. Glorious with the light of the divine virtues, may we all be counted worthy to see Thy Passion and lifegiving Resurrection, O Word of God, who alone art rich in mercy.

Nailed upon the Cross, Thy side pierced by the spear, Thou wast counted as a lifeless corpse; and Thou wast given gall to drink, O longsuffering Master, who by the hand of Moses hast made sweet the waters of Marah. Therefore I entreat Thee and I pray: Uproot the bitter passions from my understanding, sweeten my mind with the honey of repentance, and grant that I may worship at Thy holy Passion. [2]

TONE ONE

We see placed before our eyes today the mighty Cross that Moses

[1] In the Slav books, Tone Six.

[2] Exod. 15:23-25.

once forefigured with his outstretched hands, when he put Amalek to flight. Trembling, O ye peoples, let us touch it with pure minds and lips, for upon it Christ was raised when He slew death. May we all be counted worthy of His grace, and, praising the Saviour of all with hymns inspired by God, let us pray that we may come to His saving Resurrection. [1]

TONE FOUR

Come, let us worship the Cross of Christ our God that brings us life: for it is set this day before us. Through the Cross death is wounded and the power of Thy Resurrection is newly revealed to us the fallen. Let us cry to our Deliverer: Of Thine own will Thou hast suffered for our sake, to save the whole creation; our God, glory to Thee.

As a power that can never be defeated, Thy Cross, O Saviour, has been given to us Christians: through it the alien hosts of the enemy are put to flight and Thy Church, O Christ, rightly confessing the true Faith, is overshadowed with peace. Kissing it, we raise our fervent cry to Thee: Make us also worthy of the inheritance of Thy saints.

Cleansing with tears the senses of our soul, making them pure through fasting, let us come and venerate the Wood of the Cross: for if we practise abstinence, it overthrows the rebellious and destructive impulses of our flesh. And let us cry to Him who was crucified: O Saviour, make us worthy to venerate the radiance of Thy rising on the third day.

Glory be to the Father... Now and ever...

TONE EIGHT

Today the Master of the creation and the Lord of Glory is nailed to the Cross and His side is pierced; and He who is the sweetness of the Church tastes gall and vinegar. A crown of thorns is put upon Him who covers heaven with clouds. He is clothed in a cloak of mockery, and He who formed man with His hands is struck by a hand of clay. He who wraps the heaven in clouds is smitten upon His back. He accepts spitting and scourging, reproach and buffeting; and all these things my Deliverer and God endures for me that am condemned, that in His compassion He may save the world from error. [2]

[1] EXOD. 17:10-14.

[2] THE STICHERA TO THE SAINT OF THE DAY, WHICH ARE NOT SUNG AT THIS POINT, SHOULD BE SUNG AT COMPLINE.

Prokimenon (Psalm 67):

TONE SIX

Sing unto God, sing praises unto His Name: prepare a way for Him that rides upon the setting of the sun.

Verse: The Lord is His Name: rejoice greatly before Him.

Lesson: Genesis 9: 8 – 17.

Prokimenon (Psalm 68):

TONE SIX

I am poor and in sorrow: let Thy salvation, O God, help me.

Verse: Let the poor see it and be glad: seek God, and your soul shall live.

Lesson: Proverbs 12: 8 – 22.

Aposticha:

TONE THREE

I have surpassed the Publican in my transgressions, yet I do not vie with him in his repentance; I have not gained the virtue of the Pharisee, yet I imitate his self-conceit. O Christ my God, in Thy supreme humility Thou hast upon the Cross destroyed the devil's arrogance: make me a stranger to the past sins of the Publican and to the great foolishness of the Pharisee; establish in my soul the good that each of them possessed, and save me *(twice)*.

To the Martyrs

The prophets, the apostles of Christ and the martyrs have taught mankind to sing the praises of the consubstantial Trinity; they have given light to the nations that were gone astray, and they have made the sons of men companions of the angels.

Glory be to the Father... Now and ever...

TONE FIVE

Beholding Thee, the Fashioner and Creator of all, hanging naked on the Cross, the whole creation was transformed by fear and it lamented; the light of the sun grew dark and the earth quaked; the rocks were shattered and the splendour of the temple was rent in twain; the dead

rose from their tombs and the angelic powers cried in amazement: 'O strange wonder! The Judge is judged and suffers willingly, for the salvation and renewal of the world.'

WEDNESDAY IN THE FOURTH WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of the Cross in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE SIX

The divine and precious Cross lies before us for our veneration, and it sanctifies the time of abstinence. Let us approach with a pure conscience: let us draw from it hallowing and enlightenment, and let us cry aloud with fear: Glory be to Thy compassion, O our Saviour who lovest mankind.

Glory be to the Father... *Repeat.* Now and ever...

Stavrotheotokion

Standing by the Cross of the Child she bore without seed, the Virgin Mother cried aloud: 'O my Son, a sword has pierced my heart, and I cannot bear to see Thee hanging on the Wood. Before Thee all things tremble, for Thou art their Creator and their God. Glory be to Thee, O longsuffering Lord.' [1]

After the third reading from the Psalter, the following sessional hymns:

TONE ONE

Clothed in glory by the virtues and cleansed by abstinence, let us draw near and venerate the precious Cross, crying aloud: Sanctify our souls and bodies, O only God of all, and count us worthy to celebrate Thy most pure Passion, granting us Thy mercy.

Glory be to the Father... *Repeat.* Now and ever...

[1] LUKE 2:35.

Stavrotheotokion

Beholding Thee, O Christ, stretched dead upon the Cross, Thine all-blameless Mother cried aloud: 'O my Son, coeternal with the Father and the Spirit, what is this ineffable act of love, whereby in Thy compassion Thou hast saved the creation of Thy holy hands?'

The Canon

We use the following Canon of the Cross, with six troparia (including the irmos), and the two three-canticled Canons from the Triodion; we sing the third Biblical Canticle. The Canon to the saint of the day from the Menaion is used at Compline.

Canon of the Cross

CANTICLE ONE

TONE FOUR

by Theophanes

Irmos: I shall open my mouth and the Spirit will inspire it...

Filled with light and joy by the Fast, let us venerate the holy Wood on which Christ stretched out His hands, putting to flight the hostile powers, and let us praise and glorify the Lord almighty.

The saving Cross, source of hallowing, lies here before us. Having purified our body and heart, let us approach and draw from it the grace of salvation.

Cleanse me with the fire of Thy commandments, O Lord who lovest mankind, and grant me to behold and venerate with love Thy saving Passion, fortified and preserved by Thy Cross.

Stavrotheotokion

When Thy Mother saw Thee nailed to the Cross out of love for mankind, she lamented crying: 'How does the Lord of glory and the Judge of all hang here as one condemned?'

CANTICLE THREE

Irmos: O Mother of God, thou living and plentiful fount...

Casting our hearts into the waters of fasting, with faith let us embrace the Wood of the Cross on which Christ our Benefactor was crucified, pouring out upon us the waters of forgiveness.

With the Cross as our sail, swiftly we have journeyed to the middle of the saving Fast. By this Thy Cross, O Jesus, Messiah and God, bring

us to anchor in the haven of Thy Passion.

Moses prefigured thee, O Cross, upon the mountain when he overthrew the nations; and we make the sign of the Cross as we look upon thee in our hearts, and venerating thee we turn to flight our bodiless enemies through thy power. [1]

Stavrotheotokion

'By Thine own will wast Thou made man, who art God and Maker of all,' said Thy Mother, 'and now, O Christ my Son, I see Thee hanging on the Cross, and my heart is wounded.'

The Three-Canticled Canons
CANTICLE THREE
First Canon
TONE SIX
by Joseph

Irmos: O God the Lord and Creator of all...

O God the Lord and Creator of all, Thou wast raised upon the Cross in the midst of the earth, and Thou hast raised up with Thee the nature of man, fallen through the evil counsel of the enemy. Strengthened by Thy Passion, in faith we glorify Thee. [2]

O ye faithful, let us purify our senses with the light of the Fast, and let us be illumined with the spiritual radiance of the Cross. Let us gaze on it with reverence as it lies this day before us, and venerate it with pure lips and mouth and heart.

Here at the place where the feet of Christ have stood, let us worship the Holy Cross. Let us ask that the feet of our souls may be established on the rock of God's commandments, and our footsteps guided by divine grace into the way of peace. [3]

Theotokion

Thou hast come forth from a Virgin, O Christ, and from her hast taken human flesh, with a human mind and soul. By Thy Cross Thou hast destroyed the enemy and renewed the nature of mortal men that was grown corrupt. Therefore I glorify Thy compassion.

[1] EXOD. 17:10-14.
[2] PS. 73:12; JOHN 12:32.
[3] PS. 131:7; 98:5; 39:3; LUKE 1:79.

Another Three-Canticled Canon
TONE ONE
by Theodore

Irmos: Firmly establish Thy Church, O Lord...

Let all the ends of the earth rejoice and sing, beholding the veneration of the Wood whereon Christ was hung and through which the devil was wounded.

The lifegiving Cross is set before us today. Come, with joy and fear let us worship the precious Cross of the Lord, that we may receive the Holy Spirit.

Glory be to the Father...

O Sun with threefold ray, thrice-glorious Light, O God, Father, Son and Holy Spirit, Nature and Glory without beginning, deliver from danger those who sing Thy praises.

Now and ever...

Theotokion

The ranks of angels magnify thee, blessed Theotokos worthy of all praise; and with them now we and all mankind glorify thee, Virgin who hast not known man.

Glory to Thee, our God, glory to Thee.

As I approach to touch thee, O lifegiving Cross, my tongue and understanding tremble, for I see that the divine Blood of my Lord was shed on thee.

Irmos: Firmly establish Thy Church, O Lord, which Thou hast made Thine own by the power of Thy Cross: for by the Cross Thou hast triumphed over the enemy and brought light to the inhabited earth.

Sessional Hymn
TONE SIX

Today the words of the Prophet are fulfilled: for see, we worship at the place on which Thy feet have stood, O Lord; and, tasting from the Tree of salvation, we have been delivered from our sinful passions at the intercessions of the Theotokos, O Thou who alone lovest mankind. [1]

Glory be to the Father...

[1] Ps. 131:7; 98:5.

Thy Cross, O Lord, is holy, and brings healing to those who are in sickness through their sins. Venerating it, we fall before Thee: have mercy upon us.

Now and ever...

No sooner had the wood of Thy Cross been set up, O Christ our Lord, than the foundations of death were shaken. Hell swallowed Thee eagerly, but it let Thee go with trembling. Thou hast shown us Thy salvation, O Holy One, and we glorify Thee, O Son of God; have mercy upon us.

CANTICLE FOUR

Irmos: He who sits in glory upon the throne of the Godhead...

Once the venerable Jacob crossed his hands as he stretched them out to bless his grandchildren; so he foreshadowed the figure of the Cross and signified the blessing of salvation that is given to us all. [1]

Preserved by the seal of the Cross, and kissing it with joyful spirit as it lies before us, let us hasten onward to the saving Passion and put to death the deadly passions of the flesh.

O honoured Cross, weapon of salvation, unconquerable ensign of victory, token of joy whereby death has been slain, we embrace thee and share in the glory of Him who was nailed upon thee.

Stavrotheotokion

'No angel can approach Thee, Jesus my Son, yet Thou hast appeared to me in visible form, borrowing flesh from me,' said the Mother of Christ. 'And now I see Thee nailed upon the Cross, and I lament.'

CANTICLE FIVE

Irmos: The whole world was amazed at thy divine glory...

Nailed to the Cross, Thou wast accounted dead, who art the Life and the Salvation of all. Grant, O Saviour, that with a pure heart we may embrace this Thy Cross and look with joy upon Thy saving Passion.

The ranks of angels tremble as they stand before thee, O lifegiving Cross, for Christ poured out His precious Blood upon thee, washing away the polluted blood offered to the demons for man's destruction.

I am pierced by the sword of the adversary: heal me by Thy Blood, O Word. Make haste, I pray Thee, O Saviour: with Thy lance tear up

[1] GEN. 48:13-14.

the record of my sins, and in Thy compassion write my name in the book of the saved. [1]

Stavrotheotokion

'O ripe Cluster of grapes, how dost Thou hang upon the Tree? O Sun of glory, how art Thou raised on high, darkening the sun's light by Thy Passion?' So Thy Mother, O Saviour, cried in her grief to Thee her Lamb.

CANTICLE SIX

Irmos: Prefiguring Thy three-day burial...

Fixed in the earth, O honoured Cross of the Lord, thou hast shaken the dwelling-place of hell; and for the faithful thou hast become a firm support and sure protection.

Fruitful in the virtues, let us harvest from the divine Tree the life-giving fruits borne by Jesus the fruitful Vine, who was stretched out upon it.

We praise Thy great love, O Jesus, and we venerate Thy Cross, with the lance and reed. For through them in Thy compassion Thou hast broken down the middle wall of division and hatred. [2]

Stavrotheotokion

The Virgin bore Thee, who art the fountain of our restoration, the river of life; and, stretched out upon the Cross, Thou hast poured out the waters of salvation.

Irmos: Prefiguring Thy three-day burial, the prophet Jonah cried out in the belly of the whale: 'Deliver me from corruption, O Jesus, King and Lord of hosts.'

Kontakion The fiery sword no longer guards..., *and ikos* Pilate set up three crosses... *(see* THE LENTEN TRIODION, *pp. 342-3).*

CANTICLE SEVEN

Irmos: The holy Children bravely trampled upon the threatening fire...

The axe-head that Elisha drew out from the Jordan signified the Cross, O Christ, whereby Thou hast drawn out the nations from the depths of falsehood, and they sing: O Lord God of our fathers, blessed art Thou. [3]

[1] COL. 2:14; PHIL. 4:3.
[2] EPH. 2:14-15.
[3] 4(2)KGS 6:5-7.

Earth and heaven rejoice together at thy veneration. For through thee, O Cross, men are united with the angels, and they cry: O Lord God almighty, blessed art Thou.

Let us venerate the Cross of the Lord, offering our tender affection as the cypress, the sweet fragrance of our faith as the cedar, and our sincere love as the pine; and let us glorify our Deliverer who was nailed upon it. [1]

Stavrotheotokion

O chosen city of God, without shaking the heavens God came down to dwell within thy womb; but, when He was hung upon the Cross, He shook the creation. Intercede with Him, that He may set me firmly on His rock that cannot be shaken. [2]

CANTICLE EIGHT

Irmos: The Offspring of the Theotokos...

Thou hast stretched out Thine hands upon the Tree, O Lord, and so hast freed us from the sin of Adam, who stretched out his hand in greed. Thou wast pierced by a spear, and with that spear Thou hast wounded the adversary. Thou hast tasted gall, and so hast taken away the sweet temptation of evil. Thou wast given vinegar to drink, who art the Joy of all.

With mind and conscience pure, let us joyfully draw near and venerate the precious and honoured Wood that lies here before us. Upon it Christ submitted to a shameful death, and so He raised us to the highest honour, when through the transgression we had fallen into shame and dishonour.

I have been slain by the wood of sin, and through tasting from the pleasures I have been put to death. Bring me to life, O Lord; raise me up from where I lie, and grant that I may worship at Thy Passion and share in Thy divine Resurrection, becoming a fellow heir with those that have loved Thee.

Stavrotheotokion

'I see Thee lifted on high,' cried the Holy Virgin, 'and because of Thy suffering there is neither form nor beauty in Thee; yet when I first saw Thee incarnate in the flesh, Only-begotten Son, Thou wast fairer than all the sons of men. O salvation of all, manifest Thy glory.' [3]

[1] A REFERENCE TO THE THREE KINDS OF WOOD FROM WHICH THE CROSS WAS MADE: CF. ISA. 60:13 (SEPT.).

[2] PS. 86:3; HAG. 2:6; MATT. 27:51; PS. 39:3.

[3] ISA. 53:2; PS. 44:3.

First Three-Canticled Canon

Irmos: Accepting danger for the sake of their fathers' laws...

By Thine own will, compassionate Lord, Thou wast crucified in the middle of the day in the midst of the earth, and Thou hast plucked the ends of the world from the midst of the dragon's jaws. Therefore in this middle week of the holy Fast we venerate and glorify Thy precious Cross, crying aloud: Praise ye the Lord and exalt Him above all for ever. [1]

O sign of joy, unconquerable weapon, rampart of the Church, glory of martyrs, adornment of apostles, firm support of bishops, strengthen my sickly soul, and count me worthy to venerate thee and to sing thy praises, crying: O ye works of the Lord, praise ye the Lord and exalt Him above all for ever.

O longsuffering Lord, I mourn and weep and lament, when I call to mind how I shall be condemned before the judgement seat where there is no respect of persons. Therefore spare me and lighten the heavy yoke which weighs upon my soul, that I may cry rejoicing: O ye works of the Lord, praise ye the Lord and exalt Him above all for ever.

Stavrotheotokion

O all-blameless Virgin, the bush was a figure of the mystery of thy childbearing that no mind can understand. For like the bush thou hast remained unconsumed when thou hast borne the Fire, Christ our Saviour, who was lifted on the Cross. Pray to Him that I may be delivered from the everlasting fire as I cry aloud: Praise ye the Lord and exalt Him above all for ever. [2]

Second Three-Canticled Canon

Irmos: This is the chosen and holy day...

Cleansed by fasting, come and let us embrace with love the Cross of Christ that is set before us. For unto us it is a treasury of strength and sanctification, and by its power we sing the praise of Christ for ever.

Here before us is the great and threefold Cross: though it appears small, yet it reaches up to heaven; by its power it raises men to God, and in its name we bless Christ for ever.

We bless the Lord, Father, Son and Holy Spirit.

I glorify one Substance in three distinct Beings: Father, Son and Spirit, neither confused in Persons nor divided in Essence; for there is one God in Trinity, ruling over all.

[1] Luke 23:44; Ps. 73:12.
[2] Exod. 3:2.

Now and ever...

Theotokion

Alone among mothers, Mary Bride of God, thou hast remained a virgin. Without knowing man thou hast given birth to the Saviour Christ, yet kept the seal of thy purity unbroken; and with all the faithful we shall call thee blessed for ever.

Glory to Thee, our God, glory to Thee.

Let us honour this holy Wood, which, as the Prophet said of old, was put into the bread of Christ by the Israelites who crucified Him; and let us exalt Him above all for ever. [1]

We praise, bless and worship the Lord...

Irmos: Daniel, great among the prophets, was cast into the lions' den; but, stretching out his hands in the form of the Cross, he was delivered from their mouths and kept unharmed, blessing Christ our God for ever. [2]

CANTICLE NINE

Irmos: Let every mortal born on earth...

Thy side was pierced with a spear, and Thou hast poured upon us a fountain of forgiveness. Thou wast nailed to a tree, O loving Lord, and Thou hast destroyed in the midst of the earth the condemnation that came through a tree. On this middle day of the Fast, we embrace the Wood of the Cross and sing the praises of Thy goodness.

O mountains, flow with sweetness, and little hills, pour forth joy and love. Trees of the plain and cedars of Lebanon, rejoice today at the veneration of the lifegiving Cross. Prophets and martyrs, apostles and spirits of the righteous, dance in gladness. [3]

O Lord, look favourably upon Thy people and Thine heritage, who sing Thy praise with fear, and for whose sake Thou hast suffered voluntary death. Let not the countless number of our evil deeds vanquish Thy compassion, but in Thy surpassing goodness and Thy love for mankind save us all by Thy Cross.

Stavrotheotokion

'Crucified of Thine own will, Thou dost shake the visible world, and yet Thou still remainest hanging on the Cross', said the Theotokos

[1] JER. 11:19 (SEPT.).
[2] DAN. 6:22.
[3] PS. 148:9.

weeping. 'For it is Thy purpose, O Christ, to set free the passion-dominated thoughts of the first-formed man and in Thy love to heal his brokenness.'

First Three-Canticled Canon

Irmos: Every tongue is at a loss...

When Elisha once drew the axe-head from the river with a piece of wood, he prefigured thee, O Cross: for thou art the lifegiving wood with which Christ has drawn the nations from the depths of the madness of idolatry, when He was nailed upon thee. We therefore venerate thee and we glorify His power. [1]

O Saviour, the radiance of the sun was turned to darkness at Thy Crucifixion, the light of the moon was quenched, and all the elements trembled and were changed. And so I cry to Thee: My thoughts have been turned to darkness by the passions; changing me with Thy right hand, O Word, give me light and save me. [2]

With the lacerations of Thy body cure the passions of my soul; and with Thy wounded side heal the painful wounds inflicted by the demons. With Thy nails, O Christ, uproot my sensual lusts; and grant that, freed from passions, I may worship at Thy Holy Passion and Thy Resurrection.

Stavrotheotokion

A fair Virgin bore Thee, O Lord fair in beauty; but, seeing neither form nor beauty in Thee at Thy Passion, she said lamenting: 'I am filled with wonder, O my Son, at this Thy strange abasement, whereby Thou dost save the humbled nature of mankind.' [3]

Second Three-Canticled Canon

Irmos: Shine, shine, O New Jerusalem...

Let all the people of God draw near with gladness; and looking upon the Wood of the Cross that lies before them, with fear let them kiss it and receive joy, ever praising the Lord of glory who was crucified upon it.

O Cross, thou art the divine weapon that protects my life; the Master mounted upon thee and brought me salvation. His side was pierced and poured out blood and water; from them I partake, and I rejoice and give Him glory.

Glory be to the Father...

[1] 4(2)Kgs 6:5-7.
[2] Matt. 27:45, 51.
[3] Isa. 53:2.

I worship Thee, O holy God, as Trinity of Persons in Unity of Essence, Father, Son and Holy Spirit: one Power and Kingdom, sovereign over all.

Now and ever...

Stavrotheotokion

Thou art the great mountain, O Virgin, wherein Christ dwelt, as holy David says. By thee we are raised up to heaven, all-blessed Lady, receiving through the Spirit the adoption of sons. [1]

Glory to Thee, our God, glory to Thee.

O Cross, divine sceptre of the King, the courage of His army, trusting in thee we put to flight the adversary. Grant for ever victory over our enemies [2] to us who venerate thee.

Irmos: O Virgin Mother and true Theotokos, without seed thou hast borne Christ our God, who was lifted in the flesh upon the Cross. We and all the faithful, as is right, magnify thee with thy Son.

Hymn of Light in the Tone of the week, and then the following exapostilarion:

Glory be to the Father...

In the middle of the Fast God calls us all to the veneration of the holy Wood. Through our own sufferings let us join ourselves to the sufferings of Christ. Come, all ye faithful, and let us venerate the Wood of this dread mystery.

Now and ever...

Stavrotheotokion

The all-holy Virgin Mother of God the Word cried weeping and lamenting: 'Such are the good tidings of joy that Gabriel brought me. Go forth then, Child, to fulfill the secret counsel and the divine plan of salvation.'

Aposticha:

TONE EIGHT

Having come to the middle point on the path of the Fast that leads to Thy precious Cross, grant that we may see Thy day that Abraham saw and rejoiced, when on the mountain he received Isaac back alive as from the tomb. Delivered from the enemy by faith, may we share in

[1] Ps. 67:16-17; Gal. 4:5-6.

[2] Lit. 'the barbarians'.

Thy mystical supper, calling upon Thee in peace: Our light and our Saviour, glory to Thee *(twice)*. [1]

To the Martyrs

Invincible martyrs of Christ, ye triumphed over falsehood by the power of the Cross, and gained as your reward the grace of life eternal. Ye felt no terror at the threats of tyrants, and when ye suffered torment ye rejoiced; and now your blood has become the healing of our souls. Intercede for our salvation.

Glory be to the Father... Now and ever...

Having reached the middle of the sea of abstinence, let us look towards the haven of salvation, the season of Thy voluntary Passion, O Lord. In Thy lovingkindness and Thy mercy, grant us also to behold in peace the day of Thy glorious Resurrection.

FIRST HOUR

In place of Order my steps..., *we sing three times, making three prostrations:* We venerate Thy Cross, O Master, and we glorify Thy holy Resurrection. [2]

At the Hours, after Our Father... *we use the kontakion* The fiery sword... *(p. 181)*.

SIXTH HOUR

Troparion of the Prophecy:

TONE SIX

We venerate Thy Cross, O Master, and we glorify Thy holy Resurrection.

Glory be to the Father... Now and ever... *Repeat.*

Prokimenon (Psalm 69):

TONE SIX

Let all those that seek Thee, O God, be joyful and glad in Thee.

Verse: O God, attend to my deliverance: make haste to help me, O Lord.

[1] GEN. 22:1-14; JOHN 8:56.

[2] IN SOME CHURCHES AT THIS POINT THEY ALSO SING *COME, YE FAITHFUL AND LET US VENERATE...*, WITH THE VERSES THAT FOLLOW *(SEE* THE LENTEN TRIODION, *PP. 348-50)*, WHILE THE FAITHFUL COME UP TO VENERATE THE CROSS.

Lesson: Isaiah 26: 21 – 27: 9.

Prokimenon (Psalm 70):

TONE SIX

In Thee, O Lord, have I put my trust: let me never be put to confusion.

Verse: Deliver me in Thy righteousness, and set me free.

VESPERS

To Lord, I have cried, *ten stichera are sung, the first six being from the Triodion:*

TONE FOUR

The Fast that brings us blessings has now reached its midmost point: it has helped us to receive God's grace in the days that are past, and it will bring us further benefit in the days still to come. For by continuing in what is right we attain yet greater gifts. We therefore cry to Christ, the Giver of all good: O Thou who for our sakes hast fasted and endured the Cross, make us worthy to share uncondemned in Thy divine Passover. May we spend our lives in peace and rightly glorify Thee with the Father and the Spirit.

TONE FIVE

If we look for a spiritual recompense, let us perform our good deeds in secret; let us not proclaim them in the streets but keep them hidden in our hearts. Then He who sees the secrets of all men will reward us for our abstinence. Let us complete the Fast, not with a sad countenance, but praying in the inner chamber of our souls; and without ceasing let us cry: Our Father, who art in heaven, lead us not into temptation, we pray, but deliver us from the evil one. [1]

To the Martyrs

SAME TONE

Your souls, O holy martyrs, were filled with an insatiable love; not denying Christ ye endured great sufferings and torments, and ye cast down the tyrants' pride. Ye kept the faith unaltered and unharmed, and now have gone to dwell in heaven. Since ye have boldness before Christ, pray that peace be given to the world, and to our souls great mercy.

[1] MATT. 6:1-8.

Of the Cross

TONE ONE

Let us all wash our souls clean in the waters of the Fast, and, approaching the precious and honoured Cross of the Lord, let us venerate it with faith; let us draw from it divine enlightenment, gathering the fruit of eternal salvation, peace and great mercy.

O Cross, glory of the apostles, attended by principalities and powers and archangels, keep safe from all harm those that venerate thee. Grant us to follow rightly to the end the divine path of abstinence, and to reach the day of salvation when we too shall be saved.

TONE SEVEN

As we venerate today the Cross of the Lord, let us cry: Hail, Tree of Life, victor over hell; hail, joy of the world and slayer of corruption; hail, for by thy power thou scatterest the demons! Strong support of the faithful, weapon that cannot be broken, we pray thee, guard and sanctify those who show thee honour.

Then four stichera to the saint of the day from the Menaion.

Glory be to the Father... Now and ever...

TONE EIGHT

Today He who is in essence unapproachable... *(see* THE LENTEN TRIODION, *p. 349).*

Prokimenon (Psalm 71):

TONE FOUR

Blessed be the Lord God of Israel, who alone does wondrous things.

Verse: Give Thy judgement unto the King, O God; and Thy righteousness unto the King's son.

Lesson: Genesis 9: 18 – 10: 1.

Prokimenon (Psalm 72):

TONE FOUR

It is good for me to cleave to God, to put my trust in the Lord God.

Verse: Truly God is loving unto Israel; even unto them that are upright in heart.

Lesson: Proverbs 12: 23 – 13: 9.

And the rest of the Liturgy of the Presanctified.

THURSDAY IN THE FOURTH WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of the Apostles in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE ONE

O glorious apostles, intercessors for our souls, strong in the power of the Cross ye have destroyed all the deceit of the enemy. Therefore today ye rejoice in its veneration, praying on our behalf to Him who alone loves mankind.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

O Mary, precious vessel that received the Master, we have fallen into an abyss of dark despair, of sin and tribulation. Raise us up once more: for thou art the salvation of sinners, their help and powerful protection, and thou dost save thy servants.

After the third reading from the Psalter, the following sessional hymns:

TONE SEVEN

Looking, O Lord, at Thy Cross that lies before us today, we approach in faith with hymns and songs, venerating it in fear and joy. Through the revelation of Thy Cross, sanctify Thy servants and give peace to Thy world, for Thou alone art rich in mercy.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

O Lord, we are Thy people and the sheep of Thy pasture. Bring us back, for we have strayed into corruption; and as Shepherd gather us together, for we have been scattered. In Thy love have mercy and take

pity on Thy flock, at the intercessions of the Theotokos, for Thou alone art free from sin. [1]

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-canticled Canons by Joseph from the Triodion; we sing the fourth Biblical Canticle.

CANTICLE FOUR

First Canon

TONE ONE

Irmos: May Habakkuk inspired by God...

O Holy Cross, strength and glory of the apostles, today thou art exalted for the veneration of the whole inhabited earth; and thou givest to us the grace of sanctification, making the season of the Fast easy for us.

Moses foreshadowed the Cross when he stretched out his arms and defeated Amalek. Like him let us form a figure of the Cross, stretching out our arms in fasting and prayer, that so we may defeat the host of demons that in malicious envy continually make war against us. [2]

O disciples of God, with the holy plough of the Cross ye have renewed the earth, making it fruitful with the harvest of true faith. Therefore year by year we sing your praises, and we glorify Christ for ever.

Theotokion

O Mother of the good and loving God, fill my soul with goodness, for the evil one has corrupted it with sinful habits, and he has miserably deceived me. Then, O greatly glorified, will I sing thy praises for ever as the cause of my salvation.

Another Canon

TONE SEVEN

Irmos: Assured of Thy coming in the flesh, O Christ...

The all-holy Cross lies before us: let us approach and venerate it, for it is the horn of our salvation.

When the sign of the Cross is made, its grace drives away the dark multitude of demons. O Cross of Christ, thou art an invincible weapon.

Glory be to the Father...

[1] Ps. 99:3.
[2] Exod. 17:10-14.

Unity in Essence, Trinity of Persons, I praise and honour Thee, Father, Son and All-Holy Spirit.

Now and ever...

Theotokion

O Virgin undefiled, without knowing a man thou hast conceived God, more ancient than all things, who holds the ends of the earth in the hollow of His hand.

Glory to Thee, our God, glory to Thee.

O apostles, intercessors for the world, pray that we also may be saved: for as our weapon we hold the Cross of Christ.

Irmos: Assured of Thy coming in the flesh, O Christ, the Prophet Habakkuk cried: Glory to Thy power.

CANTICLE EIGHT

Irmos: This is the chosen and holy day...

Rejoice, divine Cross, formed from three different kinds of wood: on thee One of the Trinity was nailed in the flesh. He has delivered us who were prisoners in the abyss of godlessness, and we exalt Him above all for ever. [1]

Receiving power and strength through the Cross, the disciples of the Word set free those held fast in bitter bondage by the evil one, and they sing in praise: We exalt Thee above all for ever.

Woe is me! How fearful shall be that judgement seat on which Thou shalt sit, O Word, and shalt reveal to me my hidden deeds, exposing before all my want of feeling! But since, O Christ, Thou art by nature full of love, spare me then.

Theotokion

Without departing from the bosom of the Father, O Jesus, Thou hast rested on the bosom of a Virgin; and Thou hast restored mankind, whose nature in Thy tender love Thou hast taken on Thyself. Therefore we mortal men sing Thy praises for ever.

Second Canon

Irmos: Before the King of glory, who is alone without beginning...

O week of the veneration of the Cross, we honour thee; for in these days we adore the holy Wood and cry aloud: O ye priests praise and ye people exalt Him above all for ever.

[1] Isa. 60:13 (Sept.).

How strange is this wonder, King of the ages! For Thou hast granted us Thy servants to see and venerate the Wood on which Thou wast crucified. Therefore with fear we sing Thy praises for ever.

We bless the Lord, Father, Son and Holy Spirit.

Holy and consubstantial Trinity, Father, Son and All-Holy Spirit, I glorify Thine undivided dominion, and sing the praises of Thy one Kingdom for ever.

Now and ever...

Theotokion

He created Adam in His image, and assuming Adam's nature He came forth to loose the ancient curse. O ye priests praise and ye people exalt Him above all for ever.

Glory to Thee, our God, glory to Thee.

As the twelve-stringed harp of the Church, O apostles, ye sing the praises of the Word of wisdom. Pray that we who honour you may see the Passion of the Lord and glorify Him for ever.

We praise, bless and worship the Lord...

Irmos: Before the King of glory, who is alone without beginning, all the powers of heaven stand in awe and the hosts of angels tremble: O ye priests praise and ye people exalt Him above all for ever.

CANTICLE NINE

Irmos: Shine, shine, O New Jerusalem...

Shine with joy, Church of God, illumined by the rays of the Cross which thou dost exalt for the veneration of all the faithful. Depart, demonic hosts full of darkness.

The divine Cross is strength to those who fast, champion of those who fight. Gathering with all the faithful, joyfully let us venerate it with love.

O glorious apostles, divine foundations of the Church of Christ, keep us all upon the firm basis of the true faith, and establish us upon the unbreakable rock of Him who chose you.

Theotokion

O pure Virgin, at the voice of the Archangel thou hast conceived Joy: make all soul-destroying sadness to vanish from my heart, and give me joy-creating sorrow, that I may know the working of God's grace.

Second Canon

Irmos: Mother and Virgin undefiled...

Prefiguring the truth that was to come, O precious Wood, of old thou hast made sweet the waters of Marah. Make sweet my abstinence, O Cross of Christ, which I venerate today. [1]

Thou art the unconquerable weapon of the King, the strength of his array, the strong support of his council. O Cross of Christ, in our hymns we magnify thee.

Glory be to the Father...

Father and Master without beginning, coeternal Word and Holy Spirit, with all the faithful in true reverence we magnify Thee.

Now and ever...

Theotokion

Glorious and only Theotokos, thou hast contained within thy womb the Word whom nothing can contain, and thou hast borne Him in the flesh. In our hymns we magnify thee.

Glory to Thee, our God, glory to Thee.

With your tongues of fire, O apostles, ye have burnt up all error and planted the true faith in the world. In our hymns we magnify you.

Irmos: Mother and Virgin undefiled, thou hast contained within thy womb the Word whom nothing can contain, and thou hast borne Him in the flesh. In our hymns we magnify thee.

Aposticha:

TONE SEVEN

Let us the faithful emulate the repentance of the Publican and not boast like the Pharisee. Let us offer cries of sorrow from the depth of our heart to the loving God of all. For He Himself has given this commandment, saying: Every man that exalts himself shall be abased, and he that humbles himself shall be exalted. Therefore with one accord let us cry unto Him: God be merciful to us sinners and save us *(twice)*. [2]

To the Martyrs

Breathing one purpose and looking to a single hope, vying with each other in their end, the victorious martyrs looked upon death for Christ as the only entry into life. O strange wonder! Though the torture might

[1] EXOD. 15:23-25.
[2] LUKE 18:10-14.

have been postponed, they seized hold of it as men seize hold of treasure, and they said to one another: 'Even if we do not die today, yet some day we shall surely die, obeying as we must the laws of human birth. Let us turn necessity into an act of generous love; willingly let us make our own what is the common fate of all, and let us purchase life with death.' At their intercessions, O God, have mercy on us.

Glory be to the Father... Now and ever...

Theotokion

At the intercessions of the Theotokos, give peace to our life, for to Thee we cry: O merciful Lord, glory to Thee.

SIXTH HOUR

Troparion of the Prophecy:

TONE SIX

We venerate Thy Cross, O Master, and we glorify Thy holy Resurrection.

Glory be to the Father... Now and ever... *Repeat.*

Prokimenon (Psalm 73):

TONE FOUR

God is our King of old, working salvation in the midst of the earth.

Verse: O God, why hast Thou cast us off for ever? Why is Thy wrath so hot against the sheep of Thy pasture?

Lesson: Isaiah 28: 14 – 22.

Prokimenon (Psalm 74):

TONE FOUR

I will rejoice for ever: I will sing praises to the God of Jacob.

Verse: Unto Thee, O God, will we give thanks: unto Thee will we give thanks, and call upon Thy Name.

VESPERS

To Lord, I have cried, *six stichera are sung, the first three being from the Triodion:*

TONE FOUR
by Joseph

Counted worthy to venerate the ever-blessed Cross, whereby Thou hast saved us, O Lord, in faith we praise Thy lovingkindness and fervently we pray: Bestow upon us all, O Saviour, the joy of Thy salvation, granting us to look in penitence upon Thy Resurrection and Thy holy sufferings.

Outstretched upon the Cross, Thou hast endured death, slaying death and raising up the dead by Thy lifegiving word. Therefore I entreat Thee: Bring back to life, O Lord, my soul that is dead through sin; grant me compunction and deliverance from evil during these Thy holy days of abstinence, for Thou lovest mankind.

SAME TONE
by Theodore

Counted worthy to look with joy upon Thy Holy Cross and to venerate it, we entreat Thee, God our Saviour: Strengthened by the Fast may we come also to Thy most pure Passion. May we adore and praise Thy Crucifixion, the spear, the sponge and reed, whereby Thou hast made us immortal, in Thy love leading us back to the life of Paradise which once was ours. Therefore with thanksgiving now we glorify Thee.

Then three stichera to the saint of the day from the Menaion. Glory be to the Father... Now and ever... ; *and the Stavrotheotokion from the Menaion.*

Prokimenon (Psalm 75):

TONE FOUR [1]

Make a vow unto the Lord our God and keep it.

Verse: In Judah is God known: His Name is great in Israel.

Lesson: Genesis 10: 32 – 11: 9.

[1] IN THE SLAV BOOKS, TONE EIGHT.

Prokimenon (Psalm 76):

TONE SEVEN [1]

I cried aloud unto the Lord with my voice , and He gave ear to me.

Verse: In the day of trouble I sought the Lord.

Lesson: Proverbs 13: 19 – 14: 6.

Aposticha:

TONE SIX

Learn from the Lord who humbled Himself for thy sake, even to death upon the Cross; learn from Him, O my soul, the abasement that comes from being lifted up and the exaltation that comes from humility. Do not be exalted by thy virtues; do not judge thyself righteous and condemn thy neighbour, like the boastful Pharisee. But with thy mind downcast, thinking only of thy sins, cry like the Publican: God, be merciful to me a sinner and save me *(twice)*. [2]

To the Martyrs

Thy martyrs, O Lord, denied Thee not and forsook not Thy commandments: at their intercessions have mercy upon us.

Glory be to the Father... Now and ever...

Stavrotheotokion

When the all-pure Virgin saw Thee hanging on the Cross, she cried aloud: 'What is this strange mystery that I see, my Son? Crucified in the flesh, O Giver of life, how dost Thou die upon the Tree?'

[1] In the Slav books, Tone Eight.
[2] Phil. 2:8; Luke 18:10-14.

FRIDAY IN THE FOURTH WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of the Cross in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE FOUR

by Joseph

Sanctifying the season of abstinence, the precious Cross stands here before us. As we venerate it today, let us cry aloud: O Master who lovest mankind, with its aid grant us in compunction to pass through the remainder of the Fast, and so to behold Thy lifegiving Passion through which we are redeemed.

Glory be to the Father... *Repeat.* Now and ever...

Stavrotheotokion

O Christ, begotten from the Father without beginning, when the Mother who bore Thee in the last days saw Thee hanging on the Cross, she cried out lamenting: 'Woe is me, my well-beloved Jesus! O my Son, glorified as God by the angels, how art Thou crucified now of Thine own will by lawless men? I sing Thy praises, O longsuffering Lord.'

After the third reading from the Psalter, the following sessional hymns:

TONE FOUR

Beholding now the light of our souls, Thy holy Cross, O Christ, joyfully we venerate it and with gladness cry aloud: Glory be to Thee whose will it was to be raised upon the Cross; glory be to Thee who by the Cross hast given light to all creation. Through the Cross we glorify Thee in never-ceasing hymns.

Glory be to the Father... *Repeat.* Now and ever...

Stavrotheotokion

When the Virgin Mother saw Thee raised upon the Cross, O Word of God, with a mother's grief she cried: 'What is this new and strange wonder, O my Son? How canst Thou suffer death, O Life of all? It is because in Thy compassion Thou dost will to bring the dead to life.'

The Canon

We use the following Canon of the Cross, with six troparia including the irmos, and the two three-Canticled Canons from the Triodion; we sing the fifth Biblical Canticle. The Canon to the saint of the day from the Menaion is used at Compline.

Canon of the Cross
CANTICLE ONE
TONE EIGHT
by Joseph

Irmos: The rod of Moses working wonders...

Come, today let us venerate the Cross of the Lord, approaching with pure minds and reverence. For it lies before us, and on those who show it honour it bestows hallowing and salvation, light and glory and mercy.

The lifegiving Cross lies before us, and from it shines the radiance of grace. Let us approach and receive salvation, forgiveness and the illumination of joy, as we offer praise unto the Lord.

A strange and marvellous sight is here before our eyes, the precious Cross. As a fountain it flows with gifts of grace for our soul; it causes sin to cease, destroys disease, and gives strength to the minds of those who approach it with sincerity.

The rod of Moses which parted the sea prefigures the ensign of the Cross. Setting our faith in the Cross, we sail without drowning through the troubled sea of life; we escape from all the currents of sin and attain the calm and peace of God. [1]

Stavrotheotokion

'When mysteriously I bore Thee, O my Son, I felt no pains of childbirth. How is it, then, that I am now entirely overwhelmed by pain?' said the Holy Virgin weeping. 'Thou hast hung the earth without support upon the waters, yet now I see Thee hanging as a malefactor on the Cross.'

[1] Exod. 14:21.

CANTICLE THREE

Irmos: O Christ, who at the beginning hast established the heavens...

Source of all blessings, the Cross is set before us for our veneration; and the whole creation keeps feast in joy, illumined by the grace of our God who by His own free choice was lifted high upon it.

At the middle point in the season of holy abstinence, illumined by the light of the Cross let us flee from the darkness of sin and let us cry: Enlightenment of all things, O compassionate Lord, glory to Thee.

We sing thy praises, O Cross, and we venerate thee with faith as we pray: By thy power deliver us who honour thee from the snares of the enemy, and guide us all to the haven of salvation.

Stavrotheotokion

The holy Virgin saw the Life dead upon the Cross; and, unable to endure the anguish in her heart, she cried out in deep distress: 'Woe is me, my Son! What is this reward that lawless men have given Thee?'

Sessional Hymn

TONE SIX

No sooner had the wood of Thy Cross been set up, O Christ our Lord, than the foundations of death were shaken. Hell swallowed Thee eagerly, but it let Thee go with trembling. Thou hast shown us Thy salvation, O Holy One, and we glorify Thee, O Son of God; have mercy on us.

Glory be to the Father... *Repeat.* Now and ever...

Today the words of the Prophet are fulfilled: for see, we worship at the place on which Thy feet have stood, O Lord; and, tasting from the Tree of salvation, we have been delivered from our sinful passions, at the intercessions of the Theotokos, O Thou who alone lovest mankind.[1]

CANTICLE FOUR

Irmos: Thou art my might, O Lord...

Behold, before us lies the saving Cross, men's strong protection and their restoration, unconquerable weapon of the Faith; and it sanctifies and illumines with grace the hearts of all who approach in faith.

In the middle of the Fast we see exalted in our midst the precious Cross, on which Thou wast lifted by Thine own choice in the middle of

[1] Ps. 131:7; 98:5.

the earth, O Lord supreme in goodness and love. Through its veneration the world is sanctified and the hosts of demons put to flight. [1]

Now heaven and all the earth make glad together; the victorious martyrs, the apostles and the souls of the righteous are full of joy. For they see exalted in their midst the lifegiving Wood, that brings salvation to all and sanctifies the faithful with grace.

Deaf to my conscience, I have not kept Thy laws, O Lord, and I shall be condemned when Thou comest from heaven to judge the works of men. Therefore I cry to Thee: turn me back by the power of Thy Cross, save me and give me tears of repentance.

Stavrotheotokion

'From a Virgin womb I bore Thee, O my Child,' the All-Holy cried aloud, 'and now I see Thee hanging on the Wood. I am troubled, and I cannot understand the height of this mystery and the depths of Thy many judgements.' With never-silent voices we bless her as the Mother of God.

CANTICLE FIVE

Irmos: O Light that never sets...

Cry out with gladness, ye nations; leap for joy, ye peoples, and sing in praise to God who has given you the Cross as a strong support that cannot be shaken; for now during the season of abstinence we delight in it, keeping the feast with all our soul and understanding.

All the hosts of heaven attend thee, O most Holy Cross, and today we mortals kiss thee with our lips of clay. With love we receive from thee sanctification and blessing, and we glorify Him who was crucified upon thee.

O merciful Lord, heal the long-continuing passions of my soul, and count me worthy to worship at Thy Holy Passion. Make me better through this time of fasting, and in Thy great love give me the strength to refrain from evil.

Stavrotheotokion

Seeing on the Cross Him who out of love was born from thee in ways past understanding, O all-blameless Virgin, thou wast wounded in thine heart and thou hast cried: 'Woe is me, my divine Child! How dost Thou suffer for the sake of all? I venerate Thy compassion, O Lord.'

[1] Ps. 73:12.

The Three-Canticled Canons
CANTICLE FIVE
First Canon
TONE FOUR
by Theodore

Irmos: The whole world was amazed at thy divine glory...

The lights of heaven hid their brightness when they saw Thee unjustly nailed upon the Wood, O longsuffering Saviour who alone art righteous; and in Thy might thou hast exposed and brought to mockery the dark powers of the evil one. [1]

Let us wash our faces in the water of fasting and embrace the Wood on which Christ was lifted up. Taking our mortal flesh, He alone suffered for the sake of all, that He might put to death him who had made us die.

All-honoured Cross, glory of the apostles, weapon of the martyrs, splendour of priests, defence of holy monks, guardian of all the faithful, protect and sanctify those who venerate thee with faith.

Stavrotheotokion

The Virgin saw hanging on the Wood the Cluster of grapes that she had borne, and she cried aloud: 'My Child, with Thy sweet wine check the drunkenness of Thine enemies, who have crucified Thee without a cause; for in patience Thou dost suffer all things.'

Another Three-Canticled Canon
SAME TONE
by Theodore

Irmos: O lifegiving Cross of Christ...

Today Thy Cross, the Tree of Life, is set before us for our veneration; and, kissing it, the world rejoices at the coming of the Spirit.

Looking at Thy Cross as it lies here, the ministers of heaven sing Thy praises, O Lord; and the demons tremble, unable to endure Thy power.

Glory be to the Father...

With true faith let us glorify the Trinity, Father, Son and Holy Spirit, one Godhead. Unity in three Persons.

Now and ever...

Theotokion

With true faith we and all the faithful confess thee to be Mother and Virgin: for in ways past speech thou hast conceived Christ our God, who alone is rich in mercy.

[1] Col. 2:15.

Glory to Thee, our God, glory to Thee.

Thou wast crucified, O Son of God, on the pine, the cedar and the cypress: sanctify us all, and count us worthy to look upon Thy life-giving Passion. [1]

Irmos: O lifegiving Cross of Christ, from the night I seek thee early, and with fear I venerate thee. Give me light, and ever shine upon me with the day of salvation.

CANTICLE SIX

Irmos: Be merciful to me, O Saviour...

When the Cross was set up on the earth, the demons fell; and now, seeing it set before us in glory, let us kiss it and rise up from our fall into sin.

We exalt Thee, O Christ, as our King and Lord; and with great rejoicing in the middle of the Fast we embrace the Cross, which Thou hast given us as a rampart that cannot be overthrown.

The Cross of the Lord lies here before us, bestowing great gifts on us all. Let us approach, and receive from it enlightenment of heart and soul.

Theotokion

Give us strength to fast from all evil, O pure Virgin, and enable us continually to refrain from sinful acts, for thou art the Protection of all men.

Kontakion The fiery sword no longer guards..., *and ikos* Pilate set up three crosses... *(see* THE LENTEN TRIODION, *pp. 342-3).*

CANTICLE SEVEN

Irmos: Once in Babylon the fire drew back...

He who is outside time has taken flesh within time, and in His love He heals our long-continuing passions through this season of fasting, during which the divine Cross is set before us for our sanctification.

We praise, exalt, worship and magnify Thy power, O Lord, for to us Thy servants Thou hast granted the divine Cross, our unending joy and the guardian of our souls and bodies.

In the day of judgement, O Lord, condemn me not for my sins. Cast me not away in shame from before Thy face, but in Thy surpassing love take pity on me and save me by Thy precious Cross.

[1] Isa. 60:13 (Sept.).

With wood Moses sweetened the bitter waters, and so prefigured the grace that comes through thee, O Cross: for by thy power we are delivered from the bitterness of the passions. Give us the sweetness of thy grace, as we venerate thee now with contrite souls. [1]

Theotokion

Through thine intercession, Lady, enlarge my narrow heart, for thou hast closed up all the deceitful snares of the adversary; guide me on the narrow way that leads to spaciousness of life, O Mother of God. [2]

CANTICLE EIGHT

Irmos: The Chaldaean tyrant in his madness...

Once the Prophet Elisha drew the iron axe-head out of the river with a piece of wood, and so prefigured thee, O honoured Cross. For thou hast brought us from the depths of error to the firm ground of the truth, and this day we are counted worthy to behold and venerate thee with faith, gaining salvation. [3]

When Jacob blessed his children, most plainly he prefigured thee, O honoured Cross. And all of us, who by grace are counted worthy to behold thee, draw near to thee with undoubting faith; touching thee, we receive rich blessing, and light and salvation and the remission of our sins. [4]

Clothed in the white raiment of our virtuous actions, let us draw near rejoicing in the middle of the Fast; and let us embrace with faith the Cross of the Lord, that, guided by its strength, we may complete the course with eagerness and joyfully attain the divine Passion.

To the Holy Trinity

Single in Nature, coeternal, one in throne, simple in Essence yet distinct in Persons, unbegotten Father, Son and Holy Spirit, Uncreated Substance and Godhead, we all praise Thee, singing: O ye priests bless and ye people exalt Him above all for ever.

Stavrotheotokion

'Now I see Thee as an innocent lamb, hanging nailed to the Cross by lawless men, O my Son who wast before all things began,' cried the Holy

[1] EXOD. 15:23-25.
[2] MATT. 7:14.
[3] 4(2)KGS 6:5-7.
[4] GEN. 48:13-14.

Virgin, 'and I am weighed down by grief, afflicted by a mother's anguish.' With never-silent voices, as is right, we sing her praises for ever. [1]

First Three-Canticled Canon

Irmos: The Offspring of the Theotokos saved the Holy Children...

Beholding the Passion of Thee who art impassible, the creation suffered with Thee, O longsuffering Saviour. The sun was quenched and the rocks were split; the whole earth was shaken and cried out in fear: O ye works of the Lord, praise ye the Lord and exalt Him above all for ever. [2]

O my compassionate God, rebuke the wild beasts from the reeds, that trouble me within; for Thou hast accepted to be struck in shameful dishonour by a reed, desiring to restore to honour all that had fallen into disgrace through the transgression of old. [3]

When I call to mind, O most just Judge, Thy dread judgement seat, I am filled with fear and consternation, I tremble and lament, for I know that my actions deserve to be condemned. But, O Saviour, let not the multitude of my sins prove greater than the wealth of Thy compassion.

Stavrotheotokion

'I bore Thee without pangs of childbirth, but now I suffer anguish at Thy Crucifixion, and my heart is set on fire. For Thou art pierced with nails, longsuffering Lord, and wounded in Thy side', lamented the all-pure Virgin; and with one accord we sing her praises as Theotokos.

Second Three-Canticled Canon

Irmos: O all ye works of God and all creation...

Let the mountains spiritually break forth into righteousness and the little hills into rejoicing, as they behold the veneration of the Wood of the Cross that we exalt, O Christ, above all for ever. [4]

Fearful is the grace of Thy Cross: for it drives away the hosts of demons and brings healing to men. Therefore we sing Thy praises, O Christ, for ever.

We bless the Lord, Father, Son and Holy Spirit.

[1] Isa. 53:7.
[2] Matt. 27:45, 51.
[3] Ps. 67:31; Matt. 27:30.
[4] Isa. 49:13.

Let us glorify the Father who is without beginning and the Son with the Holy Spirit, consubstantial Trinity, one sovereign power and God; and let us sing His praises for ever.

Now and ever...

Theotokion

Every mortal tongue sings thy praises, O Virgin, for from thee has shone out the Light that no man can approach, Christ our God, who illumines the world; and we exalt Him above all for ever. [1]

Glory to Thee, our God, glory to Thee.

The ends of the earth rejoice at the veneration of Thy Cross, O Lord who lovest mankind. Angels in heaven make glad with them today, O Christ, and join us in singing Thy praises for ever.

We praise, bless and worship the Lord...

Irmos: O all ye works of God and all creation, O ye holy and humble men of heart, bless ye the Lord: O ye peoples praise Him and exalt Him above all for ever.

CANTICLE NINE

Irmos: Heaven was amazed at this...

Heal my brokenness, O King of all, crucified upon the Cross in Thy surpassing love. Thy hands and feet were pierced with nails, Thy side was wounded with the spear, and Thou wast given vinegar and gall to drink, who art the joy of all men, their sweetness, glory and eternal redemption.

O divine Cross, more beautiful than sapphire and gold, thou shinest upon us with the brightness of the sun. We see thee surrounded in fear by the ranks of angels; and with the rays of Thy heavenly power thou givest light to the fullness of the inhabited earth.

The Cross is the haven of the storm-tossed, the guide and support of those that go astray, the glory of Christ, the power of the apostles and the prophets, the strength of God's athletes, the refuge of all men. We see it set before us in this time of fasting and we venerate it.

When Thou shalt come on earth, O Lord, to judge the world which Thou hast fashioned, the angelic hosts will attend Thee, and the Cross will shine before Thee more brightly than the sun's rays. Through its power take pity on me then and save me, for I have sinned more than all mortal men.

[1] 1Tim 6:16; John 1:9.

Stavrotheotokion

'From my womb without corruption have I borne Thee, who wast begotten from the Father before all ages: how, then, my Son, art Thou subject to corruption? For men rend Thy body, and in cruelty they pierce Thy side with a spear, Thy hands and feet with nails.' So the Holy Virgin cried; and, as is right, we magnify her.

First Three-Canticled Canon

Irmos: Let every mortal born on earth...

By the Wood of the Cross, O Christ rich in mercy, Thou hast made the flame of sin die down. With Thy pierced hands Thou hast delivered from the hand of the adversary him who in his greed stretched out his hand, to take the fruit of the only tree in Paradise from which Thou hadst forbidden him to eat. [1]

Count us worthy, Christ, with purity of heart to venerate Thy precious Cross, and to see Thy Passion that brings freedom from the passions to all mortal men. Look not upon our sins, but make us true sons of Thy Resurrection.

By Thy Resurrection Thou hast raised us who were fallen into death; Thou hast destroyed death and reconciled us to Thy Father, shedding Thy blood for us, O Benefactor. Therefore we glorify Thee as almighty God, our Redeemer.

Theotokion

O Virgin Theotokos, the strong refuge of the faithful, thou only hast conceived the very Person of God's Wisdom. I entreat thee, give me wisdom, that I may escape from the snares and cunning of him who is falsely wise in evil.

Second Three-Canticled Canon

Irmos: O Theotokos undefiled, with never-silent hymns...

We venerate and magnify Thy precious Cross, that is attended by the hosts of angels.

We magnify the Saviour's Cross, the holy Wood, whereby we who before were dead partake of life.

Glory be to the Father...

We magnify the Holy Trinity, Father without beginning, coeternal Son, and the Spirit who shares their throne.

Now and ever...

[1] GEN. 2:16-17; 3:6.

Theotokion

All of us sing thy praises, Mother who hast not known man, Holy Virgin, for without seed thou hast conceived the Creator.

Glory to Thee, our God, glory to Thee.

O Cross of Christ, we have been counted worthy to see and venerate thee. Guide us on our journey, that we may reach the holy Passion.

Irmos: O Theotokos undefiled, with never-silent hymns we magnify thine Offspring born without seed, Christ our God.

Aposticha:

TONE FOUR

O crucified Lord, who searchest out the truth and knowest all secrets, Thou hast condemned the Pharisee who was overcome by vainglory and thought that he was justified by virtues gained through his own works; but Thou hast justified the Publican who prayed with compunction, and whom the Pharisee condemned. Make us emulate the Publican in his repentance and count us worthy of forgiveness, for Thou lovest mankind *(twice)*.

To the Martyrs

Who is not filled with wonder, holy martyrs, beholding the good fight ye have fought? Armed with the Cross and confessing Christ, while in the body ye have defeated the bodiless foe; ye have put to flight the demons and driven back the enemy. Intercede continually for the salvation of our souls.

Glory be to the Father... Now and ever...

TONE EIGHT

Today the Master of the creation and the Lord of Glory... *(see* THE LENTEN TRIODION, *p. 349)*.

FIRST HOUR

In place of Order my steps..., *we sing three times, making three prostrations:* We venerate Thy Cross, O Master, and we glorify Thy holy Resurrection. [1]

[1] IN SOME CHURCHES AT THIS POINT THEY ALSO SING *COME, YE FAITHFUL AND LET US VENERATE...*, WITH THE VERSES THAT FOLLOW *(SEE* THE LENTEN TRIODION, *PP. 348-50)*, WHILE THE FAITHFUL COME UP TO VENERATE THE CROSS.

At the Hours, after Our Father... *we use the kontakion* The fiery sword... *(p. 181).*

SIXTH HOUR

Troparion of the Prophecy:

TONE SIX

We venerate Thy Cross, O Master, and we glorify Thy holy Resurrection.

Glory be to the Father... Now and ever... *Repeat.*

Prokimenon (Psalm 77):

TONE SIX

He is merciful and forgives their sins: and He will not destroy them.

Verse: Give heed, O My people, to My law: incline your ear unto the words of My mouth.

Lesson: Isaiah 29: 13 – 23.

Prokimenon (Psalm 78):

TONE FIVE

Help us, O God our Saviour: for the glory of Thy Name deliver us.

Verse: O God, the heathen are come into Thine inheritance.

At the end of the Typika, we say as usual the final Holy God..., *etc., and the Lord's Prayer. Then follows the final veneration of the Cross. We sing three times, making three prostrations,* We venerate Thy Cross, O Master..., *with the verses* Come, ye faithful..., *and we all come up to venerate the Cross, as on Sunday. Then the priest takes the Cross into the sanctuary, and we continue with the rest of the Typika:* Kyrie eleison, *twelve times; the prayer* O Most Holy Trinity...; *the exclamation by the priest,* Wisdom; *and the conclusion (see* THE LENTEN TRIODION, *p. 88).*

VESPERS

To Lord, I have cried, *ten stichera are sung, beginning with the following:*

TONE SEVEN

My soul's dignity I have enslaved to the passions; I am become like the beasts, and have no power to lift mine eyes to Thee, Most High. But

with my head bowed like the Publican, I pray to Thee, O Christ, and cry aloud: God be merciful to me and save me *(twice)*.

Then four stichera to the Martyrs in the Tone of the week,[1] *and four stichera to the saint of the day from the Menaion.* Glory be to the Father...; *Verse for the Dead in the Tone of the week;*[1] Now and ever...; *Theotokion in the Tone of the week.*[1]

Prokimenon (Psalm 79):

TONE FOUR

Shew Thyself, Thou that sittest upon the cherubim.

Verse: Give ear, O Shepherd of Israel: Thou that leadest Joseph like a sheep.

Lesson: Genesis 12: 1 – 7.

Prokimenon (Psalm 80):

TONE TWO[2]

Rejoice in God our helper: shout with joy unto the God of Jacob.

Verse: Take up the psalm, bring hither the timbrel.

Lesson: Proverbs 14: 15 – 26.

And the rest of the Liturgy of the Presanctified.

COMPLINE

In the modern Greek use, the fourth section of the Akathist Hymn is sung at Small Compline, beginning at the tenth ikos For virgins and for all who flee to thee..., *and ending with the first ikos (see* THE LENTEN TRIODION, *pp. 434-7). Otherwise the order of service is as on preceding Fridays (see p. 116).*

[1] SEE BELOW, PP. 310-343.

[2] IN THE SLAV BOOKS, TONE FOUR.

SATURDAY IN THE FOURTH WEEK

MATTINS

After the Six Psalms and the Great Litany, we sing Alleluia in TONE TWO, with the same troparia as on the preceding Saturdays: Apostles, martyrs, and prophets...; Glory be to the Father...; Remember Thy servants, O Lord...; Now and ever...; O holy Mother of the ineffable Light... *(see p. 117).*

The Canon

As on the preceding Saturdays, we use the Canon to the saint of the day from the Menaion, with six troparia (including the irmos). Up to the end of Canticle Five, this is followed by the Canon to the patron saint of the church or monastery, with four troparia. From Canticle Six onwards, we omit the Canon to the patron saint, and after the Canon from the Menaion we use the two four-canticled Canons from the Triodion, with eight troparia.

CANTICLE SIX
First Canon
TONE FOUR
by Joseph

Irmos: Crossing the sea of life...

O suffering martyrs, ye have surpassed the limits of the flesh, enduring the pains of torment with great patience, and so ye make easy all pain and affliction for those who sing your praises.

The army of the holy martyrs, the faithful servants of Christ, prays to the all-holy God in union with the countless hosts of angels, that we may be delivered from our countless sins.

For the Dead

Thou wast put to death, O Christ, and after sleeping in the tomb, Thou hast raised the dead; and in Thy great love Thou givest rest with all the saints to those who died in faith.

Theotokion

God, the Word of God, seeking to make man godlike, took flesh from thee, pure Virgin, and became a mortal man. Entreat Him without ceasing that we may find mercy in the hour of our examination before His judgement seat.

Another Canon
SAME TONE
by Theodore

Irmos: Drowning in the tempest of my sins...

Not sparing your flesh and your blood, O saints, ye stood undaunted in the face of every torture, never denying Christ; and so He has given you crowns from heaven.

Clothed in robes of light through our actions, let us go to meet the triumphant assembly of the martyrs, and let us cry aloud with songs inspired by God: O martyrs of Christ, ye shine on earth as the morning stars that herald the dawn.

Glory be to the Father...

Holy Trinity, I glorify Thee, sourceless Nature, one God, one Lord, three Persons: Father, Son and Spirit, unbegotten, begotten and proceeding, self-same and everlasting.

Now and ever...

Theotokion

O blessed Bride of God, how hast thou given birth without knowing a man and remained a virgin as before? For thou hast borne the dread and marvellous God. Pray for the salvation of those who sing thy praises.

Verse: God is wonderful in His saints, the God of Israel.

To the Martyrs

When your limbs were severed, ye rejoiced in the shedding of your blood. O ever-honoured martyrs, pray to the Lord fervently on our behalf.

Verse: Their souls shall dwell in prosperity.

For the Dead

Thou hast formed me from the earth and given me life, and hast bidden me return to the earth once more. Give rest, O Lord, to Thy servants whom Thou hast taken to Thyself, and bring them up from corruption.

Irmos: Drowning in the tempest of my sins, and as though imprisoned in the belly of the whale, with the Prophet I cry out to Thee: Bring up my life from corruption, O Lord, and save me.

The kontakion for the Dead in TONE EIGHT, With the saints give rest..., *and the ikos* Thou only art immortal... *(see* THE LENTEN TRIODION, *p. 135).*

CANTICLE SEVEN

Irmos: Refusing to worship the golden image...

Putting off the corruptible flesh, O martyrs, ye were clothed by God with incorruption; and now ye stand in light and joy before Him who for our sake took flesh from an uncorrupted Virgin. Sin has stripped me naked: clothe me in a robe of holiness.

The company of the victorious martyrs, who lived in abstinence, gives us strength to run unhindered in the race of the Fast. For bravely they preached Christ in the arena, and now they stand in spiritual joy before the throne of God, crowned with the angels.

For the Dead

At the prayers of Thy holy martyrs, O God, make Thy servants who have fallen asleep in faith to be citizens of Paradise, and count them worthy of the spiritual light, as they cry aloud to Thee without ceasing: Blessed is the God of our fathers.

Theotokion

We entreat thee, Virgin who alone art full of love, cleanse us from our sinfulness; and pray fervently to Christ, for by nature He is love, that we who sing His praises may complete the time of abstinence performing acts of love.

Second Canon

Irmos: Thou hast spoken with Moses...

Thou hast magnified all Thy saints, and through signs and miracles hast made them to be honoured in all the world. O Lord God of our fathers, blessed art Thou for ever.

Enduring every form of torture, O martyrs of Christ, ye refused to bend the knee to Baal; and ye have received crowns of glory from God.

Glory be to the Father...

Essence worshipped as Trinity in Unity, Father, Son and Spirit, O God of our fathers, watch over those who sing Thy praises.

Now and ever...

Theotokion

Virgin Mother, Maiden full of light, our only mediator before God: never cease, O Lady, to pray for our salvation.

Verse: To the saints that are in the earth, the Lord has shown the wonders of His will.

To the Martyrs

As soldiers of the immortal King, O martyrs, showing perfect faith in Him, ye shed your blood for His sake.

Verse: Blessed are they whom Thou hast chosen and taken to Thyself, O Lord.

For the Dead

Where Thy living light shines upon them, make Thy faithful servants to dwell, whom Thou hast translated from things temporal, O Lord God of our fathers.

Irmos: Thou hast spoken with Moses on the mountain and made the bush a figure of the Virgin: O Lord God of our fathers, blessed art Thou.

CANTICLE EIGHT

Irmos: Standing before Thee in flames of fire...

O glorious martyrs of Christ, honoured by God, through your mighty prayers deliver all of us who praise your memory; release us from our heavy guilt and from torment in the life to come.

Steadfast army of martyrs, elect in sanctity, through your holy prayers in these holy days of the Fast sanctify our mind and heart.

For the Dead

From the worm that torments, from the gnashing of teeth and the outer darkness where there is no light, O Christ our Lord, deliver the faithful whom Thou hast taken; and make them dwell where the light of Thy countenance shines for ever.

Theotokion

O pure Theotokos, we have looked upon the Cross of Christ and venerated it with all our heart: through thy prayers to the Master, may we be cleansed from the passions and counted worthy to see the Holy Passion.

Second Canon

Irmos: Earth and all that is therein...

O happy exchange! Through your death ye have gained life, O holy martyrs of Christ; ye were not afraid of fire and sword, of the cold and

the wild beasts, but ye cried aloud: Praise ye the Lord and exalt Him above all for ever.

The choir of angels on high and we men here on earth below glorify your strange sufferings and your courage, O martyrs of Christ; and we bless and praise the Lord, and exalt Him above all for ever.

We bless the Lord, Father, Son and Holy Spirit.

Light and Life, one Life and three, Father, Son and Spirit that proceeds from the Father, I honour Thee, one God and Essence in three Persons, and I sing: I bless Thee and I praise Thee, O Lord, and exalt Thee above all for ever.

Now and ever...

Theotokion

What man born on earth will not praise thee, Dove pure and undefiled? For thou hast conceived the great Light, the riches of life, Jesus the Saviour. We sing His praises as Lord and exalt Him above all for ever.

Verse: God is wonderful in His saints, the God of Israel.

To the Martyrs

O martyrs, we glorify your struggles and your sufferings; we bless and worship God the Benefactor, who gave you strength in the arena; and we exalt Him above all for ever.

Verse: Their souls shall dwell in prosperity.

For the Dead

Thou art the Lord and God of death and life, who dost raise up those who died in sanctity. Make them to dwell in the tabernacles of the righteous, as they bless and praise Thee, O Lord, and exalt Thee above all for ever.

We praise, bless and worship the Lord...

Irmos: Earth and all that is therein, seas and all fountains, the heaven of heavens, light and darkness, cold and heat, sons of men and priests, bless ye the Lord and exalt Him above all for ever.

CANTICLE NINE

Irmos: For He that is mighty has done for me great things...

O suffering martyrs of Christ, ye are as the fixed stars in the firmament; illumine our thoughts and give us strength to do the pure and radiant will of God.

O noble martyrs of the Lord, ye are as swords that kill the enemy: through your protection deliver us from the arrows of the evil one.

For the Dead

O compassionate Lord, supreme in love, Creator of all, give rest in the bosom of Abraham to Thy servants who have departed from us and gone to Thee in faith.

Theotokion

O pure Virgin, who in ways past understanding hast borne God in the flesh, put to death the movements of my flesh and give light to my understanding, for thou art the cloud of Light. [1]

Second Canon

Irmos: We all magnify Thy love for mankind...

All of us sing in honour of your memory, all-blessed martyrs, and looking with amazement at the arena where ye suffered, we magnify Christ.

In the midst of their sufferings the victorious martyrs said to one another: 'Let us not spare the flesh, but come, let us die for Christ that we may live in joy for ever.'

Glory be to the Father...

O Trinity one in Essence, Father unbegotten, Son begotten and Spirit that proceeds: in Thy mercy keep from harm those who sing Thy praises.

Now and ever...

Theotokion

Hail, Mary pure and worthy of all veneration, glory of virginity, strength of mothers, helper of mankind, joy of the world, Mother and Handmaiden of our God.

Verse: To the saints that are in the earth, the Lord has shown the wonders of His will.

To the Martyrs

O choir of saints, receive my prayer; and as I have been counted worthy to venerate the Cross, pray to Christ that I may also worship at His holy Passion.

Verse: Blessed are they whom Thou hast chosen and taken to Thyself, O Lord.

[1] Isa. 19:1.

For the Dead

In Thy compassion and love for mankind, forgive and pardon those who have gone to dwell with Thee, and grant them rest in the tabernacles of the elect; for Thou art Life and Resurrection.

Irmos: We all magnify Thy love for mankind, O Lord our Saviour. Thou art the glory of Thy servants and the crown of the faithful, who hast magnified the memory of her that bore Thee.

Then the Hymn of Light in the Tone of the week, the exapostilarion for the Dead, Lauds and the Aposticha, and the rest of Mattins as on the preceding Saturdays (see p. 124).

LITURGY

We follow the same order as on the preceding Saturdays, except that the readings are as follows.

Epistle: For the day: Hebrews 6: 9 – 12.
For the Dead: 1Corinthians 15: 47 – 57.
Gospel: For the day: Mark 7: 31 – 37
For the Dead: John 5: 24 – 30.

MONDAY IN THE FIFTH WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of repentance in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE THREE

The most beautiful of seasons is at hand, the much praised day of abstinence has dawned. Let us make haste, brethren, to be cleansed, that we may appear in purity before our Maker and share in His beauty, at the prayers of her who bore Him, the only pure Mother of God.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

Gabriel marvelled at the beauty of thy virginity and the splendour of thy purity, and he said to thee, O Theotokos: 'How can I praise thee as I should? By what name shall I invoke thee? I am troubled and amazed. Therefore, as I was commanded, I cry out to thee: Hail, full of grace!'

After the third reading from the Psalter, the following sessional hymns:

TONE SEVEN

O Lord, Thou hast granted us to reach the present day, on which in radiant light we commence the holy week of the dread raising of Lazarus from the tomb. Count us Thy servants worthy to walk in Thy fear, and to complete the whole course of the Fast.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

All-Holy Virgin, thou art greater in honour than the glorious cherubim. Unable to endure the divine splendour, they veil their faces with their wings as they perform their ministry; but thou dost gaze

with thine own eyes upon the Incarnate Word. Without ceasing pray to Him for our souls.

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-canticled Canons from the Triodion; we sing the first Biblical Canon.

CANTICLE ONE
First Canon
TONE THREE
by Joseph

Irmos: Once by a divine command...

Tilling the soil of our mind with the divine ploughshare of the holy Fast, let us reap the sheaf of virtues: then we shall not hunger in eternity, but will rejoice in gladness with a joy that has no end.

I bear within me the passions of many years, that darken my unhappy soul; but with contrite heart I fall down before Thine unconquerable power, O timeless Word of the eternal Father, and I pray: Take pity on me and save me.

Thy holy Fast feeds our hearts, ripening within us thoughts acceptable to God, and causing the deep abyss of our passions to dry up; and with the rain of compunction it cleanses those who in faith offer praise to the Almighty.

Theotokion

Rejoice, holy Virgin, Maiden of many names: Mary Mother of God, glory of the faithful, deliverance from the curse, heavenly ladder, wonder past understanding, bush unburnt, earth untilled. [1]

Another Canon
TONE SEVEN
by Theodore

Irmos: Let us sing a song of triumph...

Now that we have venerated the lifegiving Wood, with gladness let us advance upon the path of the Fast to the Passion of Christ.

Following Christ, let us deny the world and take the Cross upon our shoulders, sharing in His divine suffering. [2]

[1] GEN. 3:14-15; 28:12; EXOD. 3:2.
[2] MATT. 16:24; PHIL. 3:10.

Glory be to the Father...

Let us all sing the praises of the Godhead, supreme in Essence, one in three Persons, Father, Son and Holy Spirit.

Now and ever...

Theotokion

O pure Virgin that hast not known corruption, pray to Jesus our Saviour whom thou hast borne in ways past understanding, that He may be merciful to thy servants.

Glory to Thee, our God, glory to Thee.

When Thou comest, O Christ, in glory with the angels to judge the whole world, enable us to make a good answer before Thee.

Irmos: Let us sing a song of triumph to the Lord, who drowned all the power of Pharaoh in the sea: for He is glorified.

CANTICLE EIGHT

Irmos: The Babylonian furnace...

Led astray by the harmful deceptions of the serpent, beguiled in my mind, each day I add new anguish to my pain. And so I cry to Thee, O Saviour: Physician of the sick, come to me and save me.

Strengthened in spirit by fasting, Elisha once raised up the child of the Shunnamite. We have been killed by the pleasures of passion: through the lifegiving Fast, O ye faithful, let us regain life once more. [1]

In Thy compassion, O Lord who lovest mankind, of old Thou hast saved the men of Nineveh when they repented with tears and fasting. In Thy mercy do Thou take pity also upon us, for we are at a loss how to confess Thee through our actions. [2]

Theotokion

O pure and blameless Virgin, who hast remained without corruption after bearing child, we pray thee, deliver from corruption thy servants who sing to thee with faith in unity of soul: O ye works of the Lord, bless ye the Lord.

Second Canon

Irmos: He is the Lord and Maker of the world...

With God's help we have rounded the turning post of the Fast. Let us run the remainder of the course with all our strength, and win a victor's crown.

[1] 4(2)Kgs 4:32-36.
[2] Jonah 3:5-10.

Seeing my sickly soul barren of fruit, be patient, O Christ, and do not cut me down like the fig tree Thou hast cursed. [1]

We bless the Lord, Father, Son and Holy Spirit.

Trinity all-sovereign, Unity in three Persons, Father, Son and Spirit, deliver from every danger and temptation those who sing of Thee.

Now and ever...

Theotokion

Hail, Mountain of God; hail, ever-shining Lamp; hail, new Heaven; hail, Mind bright as lightning; hail, Temple of the Lord; hail, worthy of all praise. [2]

Glory to Thee, our God, glory to Thee.

When I think of the dread trial before Thee, O Christ, I am filled with fear and trembling, and I cry: There is no limit to Thy great mercy; save me in my wretchedness.

We praise, bless and worship the Lord...

Irmos: He is the Lord and Maker of the world, who fills the cherubim with awe and the seraphim with wonder: O ye priests and servants and spirits of the righteous, sing His praises.

CANTICLE NINE

Irmos: Strange was the wonder...

The grace of the Fast has filled a divine cup with the wine of compunction, and it calls together all the faithful, crying out clearly: Come and partake with gladness, laying aside the drunkenness of the passions, that ye may be counted worthy of the joy to come. [3]

The judgement is at hand: give heed, my soul. Be attentive to thy conscience, doing what is right, and it will always keep thee uncondemned. For if we have judged ourselves in this present life, we shall not lack witnesses to plead on our behalf at the Judgement in the Age to come, when the guilty are condemned.

Principalities and powers, thrones, seraphim and dominions, authorities and cherubim, angels and archangels: pray to God that we may complete the time of the Fast, doing what is acceptable to Him, that as servants who have pleased Him we may share in glory. [4]

[1] MATT. 21:19; LUKE 13:6-9.
[2] DAN. 2:34-35; EXOD. 27:20.
[3] PROV. 9:2-5.
[4] ROM. 8:38; COL. 1:16; MATT. 25:21.

Theotokion

With the martyrs and the prophets and all the saints, Thy Mother intercedes on behalf of us Thy servants who have angered Thee; accept her prayers, for Thou alone lovest mankind, O Christ our Master before whom the hosts of heaven tremble.

Second Canon

Irmos: Mother beyond nature...

Sailing through the calm waters of the Fast with the fair wind of the Spirit, let us pray that we may reach the haven of Christ's Passion.

Like the woman of Canaan, I cry aloud to Thee: Have mercy on me, O God, Thou Son of David; heal my sick soul, as Thou hast healed her daughter. [1]

Glory be to the Father...

Let us sing the praises of the divine Nature, Unity in three Persons, Father, Son and Spirit.

Now and ever...

Theotokion

Thou hast conceived within thy womb the Word uncircumscribed, and without seed thou hast borne Him in the flesh: pray fervently for the salvation of our souls.

Glory to Thee, our God, glory to Thee.

Thou hast justified the Publican when he cried: 'Be merciful to me.' Grant Thy mercy also unto me a sinner, O Judge of all, and forgive me my offences. [2]

Irmos: Mother beyond nature and Virgin by nature, she alone is blessed among women: let us and all the faithful, as is right, magnify her with our songs.

Aposticha:

TONE EIGHT

I am like the man who fell among thieves, O Master of all, for I have fallen among my sins and have been cruelly wounded by them. Yet leave me not without healing, O Lord who camest not from Samaria but from the pure Virgin. Jesus, Name that means salvation, have mercy upon me *(twice)*. [3]

[1] MATT. 15:22.
[2] LUKE 18:13-14.
[3] LUKE 10:30-35; MATT. 1:21.

To the Martyrs

What shall we call you, O saints? Cherubim, for Christ rested upon you? Seraphim, for ye glorified Him without ceasing? Angels, for ye have renounced the body? Powers, for ye perform miracles? Manifold are your names, but greater are your gifts of grace: pray for the salvation of our souls.

Glory be to the Father... Now and ever...

Theotokion

The heavenly powers praise thee, O Virgin Mother full of grace, and we also glorify thy childbearing that none can understand. O Theotokos, pray for the salvation of our souls.

SIXTH HOUR

Troparion of the Prophecy:

TONE THREE

Our iniquities have risen up against us, but do Thou, O Lord, rise up and help us: for Thou art our Father, and we know none other save Thee.

Glory be to the Father... Now and ever... *Repeat.*

Prokimenon (Psalm 83):

TONE EIGHT[1]

Even Thine altars, O Lord of Hosts, my King and my God.

Verse: How I love Thy dwellings, O Lord of Hosts.

Lesson: Isaiah 37: 33 – 38: 6.

Prokimenon (Psalm 84):

TONE EIGHT

Show us Thy mercy, O Lord, and grant us Thy salvation.

Verse: Lord, Thou art become gracious unto Thy land: Thou hast turned back the captivity of Jacob.

[1] In the Slav books, Tone Four.

VESPERS

After the Psalm of Introduction (Psalm 103) and the Great Litany, instead of the eighteenth kathisma from the Psalter, we read the tenth kathisma. [1]

To Lord, I have cried, *six stichera are sung, the first three being from the Triodion:*

TONE THREE
by Joseph

O Word of God, Thou hast given us the time of the Fast, that we may turn again and live, and in no way perish. Grant that all of us may please Thee, O Christ, and serve Thee with fervent compunction, like the wise and holy harlot: for, because of the sweet-smelling ointment and the warm tears which she shed, she received forgiveness of her sins. [2]

Like the blind man, from my heart I call upon Thee: Son of God, give light to the eyes of my heart. Like the faithful woman of Canaan, I cry to Thee: Have mercy on me, compassionate Saviour, for my soul is vexed by the devil of pleasure. But do Thou free it from the darkness of the passions and make me live the remainder of my life in purity, that I may glorify Thy great love. [3]

TONE TWO [4]
by Theodore

The grace of abstinence, radiant with the light of God, shines this day upon us more brightly than the sun; illumining our souls, it drives away the clouds of sinful passions. Embracing it with joy, let us all run with good courage, and finish its course rejoicing; and filled with gladness let us cry to Christ: Sanctify those who complete the Fast with faith, O loving Lord.

Then three stichera to the saint of the day from the Menaion. Glory be to the Father... Now and ever...; *and the Theotokion from the Menaion.*

Prokimenon (Psalm 85):

TONE FOUR

Guide me, O Lord, in Thy way: and I will walk in Thy truth.

[1] BECAUSE OF THE GREAT CANON AT THURSDAY MATTINS, THE READINGS FROM THE PSALTER ARE DIFFERENTLY ARRANGED DURING THE PRESENT WEEK (SEE *THE FESTAL MENAION*, P. 533).

[2] LUKE 7:37-50.

[3] LUKE 18:38; MATT. 15:22.

[4] IN THE SLAV BOOKS, TONE EIGHT.

Verse: Bow down Thine ear, O Lord, and hear me.

Lesson: Genesis 13: 12 – 18.

Prokimenon (Psalm 86):

TONE FOUR

The Lord loves the gates of Zion more than all the dwellings of Jacob.

Verse: His foundations are upon the holy mountains.

Lesson: Proverbs 14: 27 – 15: 4.

Aposticha:

TONE SEVEN

Like the man who fell among thieves and was wounded, I have also fallen because of my sins, and my soul has been wounded. To whom shall I fly for healing, but to Thee, Physician of souls and bodies? Pour out upon me Thy great mercy, O God. [1]

Verse: Unto Thee have I lifted up mine eyes...

TONE FOUR

Through the sin of long ago, we have lost the joys of Paradise and are brought down to a life of shame. Stripped of holiness and virtue, sunk in sin, we have fallen among thieves; straying from Thy saving teachings, we have become half dead. Yet we entreat Thee, Master born of Mary, who with dispassion hast shared in our passions: bind up our wounds that come from sin, and pour upon us in Thy love Thy boundless mercy and Thy healing care.

Verse: Have mercy upon us, O Lord, have mercy upon us...

To the Martyrs

Thou hast accepted the patient suffering of the holy martyrs: in Thy love accept our hymns of praise, and at their intercessions grant us Thy great mercy.

Glory be to the Father... Now and ever...

Theotokion

O blessed Theotokos, protect thy servants from every kind of peril, that we may glorify thee, the hope of our souls.

[1] Luke 10:30, 34.

TUESDAY IN THE FIFTH WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of repentance in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE THREE

In fervent faith let us burn up with abstinence the lustful passions, and flee from the icy cold of sin; with the streams of our tears let us quench the everlasting flame, crying aloud: We have sinned against Thee, O most loving Lord; forgive us and grant us Thy great mercy.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

Thou hast become the divine dwelling of the Word, O Virgin Mother alone all-holy, exalted high above the angels in thy purity. I am become more filthy than all men, defiled by the sins of the flesh: through thine intercessions cleanse me in divine waters, granting me great mercy.

After the third reading from the Psalter, the following sessional hymns:

TONE TWO

Most glorious is the grace of the holy Fast. Through it the Prophet Elijah found the chariot of fire, and Moses received the Tables of the Law; Daniel was magnified, and Elisha raised the dead; the Children quenched the fire, and all men are reconciled to God. Rejoicing in the Fast, let us cry aloud: Blessed art Thou, O Christ our God, whose good pleasure this has been; glory to Thee. [1]

Glory be to the Father... *Repeat.* Now and ever...

[1] 3(1)KGS 19:8; 4(2)KGS 2:11; EXOD. 24:18; 32:15; DAN. 1:16; 4(2)KGS 4:32-35; DAN. 3:25.

Theotokion

Having obtained in my distress thine unconquerable intercession, O Mother of our God, I am set free miraculously and past all hope from everything that troubles me. For thou art always swift to help those who ask of thee in faith, and dost deliver them when oppressed by the temptations of the enemy. Therefore with thanksgiving we cry unto thee: Accept, O Lady, this small offering of grateful praise, and be my help in all things.

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-canticled Canons from the Triodion; we read the second Biblical Canticle.

CANTICLE TWO
First Canon
TONE THREE
by Joseph

Irmos: Hearken, O earth, and give ear to my words, O heaven: for I shall tell to those on earth the wonders of God.

Through unceasing prayer and abstinence and contemplation, let us give wings to our souls and raise them to the love of God.

Fleeing from the icy cold of self-indulgence, let us all warm ourselves with the light of abstinence and the Holy Spirit.

O my soul, drive away the putrefaction of sin with the salt of the divine virtues, and cleave to God.

Theotokion

Christ came to dwell in thee who alone art blessed, and He took from thee the flesh He made His own.

Another Canon
TONE TWO
by Theodore

Irmos: Attend, O ye peoples...

Let us make our own pure fasting, prayer, tears, meditation on holy things, and every other virtue; and let us bring them now as an offering to God our Master.

Eve was taken captive by the fruit. O my soul, consider this and be not deceived if ever the serpent tempts thee, urging thee to eat the fruits of lust.

Glory be to the Father...

I glorify three Persons in one Nature, Father, Son and Spirit, the one Power of the Godhead, one Kingdom over all and one Brightness.

Now and ever...

Theotokion

Thy childbearing, O pure Lady, fills our hearts with fear. For it is God who has become man, begotten outside time from the Father and in the last days brought forth by thee through a virgin birth.

Glory to Thee, our God, glory to Thee.

O my Christ, Thou hast healed the woman with an issue of blood when she touched the hem of Thy garment. Trusting in Thy mercy, I too stretch out my hand to touch Thee: heal me from the passions. [1]

Irmos: Attend, O ye peoples, to the wonders worked by My divine power, and know from this that I only am the God of all.

CANTICLE EIGHT

Irmos: God is glorified on high by the angels...

The evil one secretly lies in wait for me each day, seeking to catch me and devour me. Deliver me, O Saviour, from his malice, as Thou hast saved Jonah from the whale.

Cleansed through fasting, let us draw near to the mountain of the virtues and let us clearly hear what God will say within us; for He will speak to us of peace and illumination and the healing of our broken souls. [2]

Blinded each day by the darkness of my sins, I cannot perceive Thy wonders, O Lord: but do Thou open the eyes of my heart, O Jesus Giver of Light.

Theotokion

O Ever-Virgin undefiled, with the waters of thy mercy wash from my heart the defilement of the passions, and give me streams of tears to cleanse my soul.

[1] MATT. 9:20.
[2] EXOD. 19:10-17.

Second Canon

Irmos: By a strange miracle the Lord of old...

The fire shall not be quenched, so it is written, and the worm shall not die. Fear the threat, my soul, and serve Christ, that thou mayest find joy in the dwelling-place of all those who rejoice. [1]

My soul burns with the fever of lust: by Thy touch, I pray Thee, raise it up, as Thou hast raised the mother-in-law of Peter; so shall I be enabled to serve Thee acceptably, returning thanks to Thee for ever. [2]

We bless the Lord, Father, Son and Holy Spirit.

O ye faithful, let us sing in praise to the Father, eternal and without beginning, and to His coeternal Son, and to the Spirit that shines forth from the Father, three consubstantial Persons but one in sovereign power and rule.

Now and ever...

Theotokion

O Mary, called by God, truly thou art the mercy-seat of the faithful: for through thee forgiveness is freely bestowed upon all. Cease not to intercede before thy Son and Lord, gaining His gracious favour for us who sing thy praises.

Glory to Thee, our God, glory to Thee.

Open the deaf ears of my soul, O Christ, and make my tongue to speak clearly, as once Thou hast done to the deaf man who had an impediment in his speech: so shall I listen to Thy voice and sing to Thee with my tongue, praising Thee for ever. [3]

We praise, bless and worship the Lord...

Irmos: By a strange miracle the Lord of old refreshed with dew the Children of the Hebrews in the fire, yet burnt the Chaldaeans. Let us sing His praises, saying: Bless and exalt Him above all for ever.

CANTICLE NINE

Irmos: O holy Virgin, Bush that burned...

Calling to mind the flames of the fire that never shall be quenched, with fervent hearts let us draw near to the fire of repentance and burn up the passions.

[1] Isa. 66:24; Mark 9:44.
[2] Mark 1:30-31.
[3] Mark 7:32-37.

Words of fire came forth of old from the mouth of him who fasted, and overwhelmed the elements. Emulate his zeal, my soul, and live rightly. [1]

Keeping in mind the fearful judgement seat, my wretched soul, always guide thy steps to the accomplishment of the Redeemer's will.

Theotokion

My soul is darkened by the pleasures; give light to it, pure Virgin, who hast borne the Light, that with fear and faith I may for ever magnify thee.

Second Canon

Irmos: O ye faithful, let us magnify the Virgin...

Let us offer to Christ all the members of our body as weapons of righteousness, 'lifting up', as it is written, 'holy hands, without wrath and doubting'. [2]

Coming once to the disciples in the boat, my Christ, Thou hast stilled the raging sea: do Thou also still the tempest of my thoughts. [3]

Glory be to the Father...

I worship one Nature , I sing the praises of three Persons, one God of all, Father, Son and Holy Spirit, sovereignty eternal.

Now and ever....

Theotokion

Though a pure maiden thou bearest child, and though a virgin thou givest suck. How can these things be found together? How dost thou give birth and yet remain virgin? 'It is God who has brought this to pass; ask me not how.'

Glory to Thee, our God, glory to Thee.

The passions have defiled my soul, and I have been robbed like the man who fell among thieves. But heal me, O my Christ, and pour Thy mercy upon me. [4]

Irmos: O ye faithful, let us magnify the Virgin with never-silent hymns, for in ways surpassing nature she has conceived within her womb, according to the flesh, the Word that outside time shone forth from the Father.

[1] This refers to Elijah: 3(1)Kgs 18:38; 19:7, 10, 14; 4(2)Kgs 1:10.
[2] 1Tim. 2:8.
[3] Matt. 14:24-32.
[4] Luke 10:30, 34.

Aposticha:

TONE SEVEN

Visit, Lord, my wounded and humiliated soul, O Physician of the sick, storm-free haven of the hopeless. For Thou art the Deliverer of the world, and hast come to raise the fallen from corruption. In Thy great mercy raise me also, for I kneel before Thee *(twice).*

To the Martyrs

In the midst of the arena, before the lawless pagans, the victorious martyrs cried aloud rejoicing: 'O Lord, glory to Thee.'

Glory be to the Father... Now and ever...

Theotokion

We sing thy praises, most pure Theotokos; we glorify God the Word whom thou hast borne, and we cry: 'Glory to thee.'

SIXTH HOUR

Troparion of the Prophecy:

TONE THREE

Our protector is the God of Jacob: He is our defender in the day of trouble.

Glory be to the Father... Now and ever... *Repeat.*

Prokimenon (Psalm 87):

TONE SIX

I am poor and in trouble from my youth up: having been exalted, I was humbled and brought to distress.

Verse: O Lord God of my salvation, I have cried day and night before Thee.

Lesson: Isaiah 40: 18 – 31.

Prokimenon (Psalm 88) in the Greek use:

TONE SIX

The heavens shall confess Thy wonders, O Lord, and Thy truth in the congregation of the saints.

Verse: I will sing of Thy mercies, O Lord, for ever.

But in the Slav use:

TONE SIX

Blessed is the people that knows the sound of joy.

Verse: They shall walk, O Lord, in the light of Thy countenance.

VESPERS

To Lord, I have cried, *six stichera are sung, the first three being from the Triodion:*

TONE EIGHT
by Joseph

O ye faithful, taking love as our food, through abstinence let us gain control over our passions; and let us strive to live a life acceptable to God, who for our sakes was raised upon the Cross, and His side was pierced by a spear. So shall we enjoy eternal blessedness, and glorify the Saviour of our souls.

Through a tree we once found death, but now we find life again through the Tree of the Cross. Let us then put to death the impulses of the passions; and with all the faithful let us pray to the Benefactor of all: that, shining with the radiance of divine actions and made beautiful by the virtues, we may attain the holy Resurrection and glorify the Saviour of our souls.

TONE TWO
by Theodore

We praise Thy lifegiving Cross, O Lord, and the holy sufferings of Thy flesh for our sake: the spear, the death, the derision and the spitting, blows and buffetings, the purple robe and crown of thorns, by which Thou hast redeemed us all and saved us from the curse. Therefore we entreat Thee: Grant us to complete in peace the time of the Fast.

Then three stichera to the saint of the day from the Menaion. Glory be to the Father... Now and ever...; *and the Stavrotheotokion from the Menaion.*

Prokimenon (Psalm 89) in the Greek use:

TONE FOUR

Lord, Thou hast been our refuge from one generation to another.

Verse: And let the brightness of the Lord our God be upon us.

In the Slav use the following verse is used:

Verse: Before the mountains were brought forth, or the earth and the world were made, Thou art from everlasting to everlasting.

Lesson: Genesis 15: 1 – 15.

Prokimenon (Psalm 90):

TONE FIVE [1]

He that dwells under the defence of the Most High: shall abide under the protection of the God of heaven.

Verse: He will say unto the Lord: Thou art my helper and my refuge.

Lesson: Proverbs 15: 7 – 19.

Aposticha:

TONE FIVE

Banished from Thy straight path through the passions, in my wretchedness I have fallen headlong down into the pit. The Levite and the Priest, passing by together, turned from me with disdain; but Thou, O Christ, hast taken pity on me. Tearing up the record of my sins with the weapon of the Cross, Thou hast freed me from the passions and glorified me, enthroning me beside the Father. And so I cry aloud: O Lord beyond my understanding, glory to Thee. [2]

Verse: Unto Thee have I lifted up mine eyes...

TONE EIGHT

I went down from Jerusalem, slipping away from the commandments which Thou hast written there for all the nations; and I journeyed to Jericho, yielding to my lusts like the dwellers there of old, whom Thou gavest to be slaughtered by Thy people because of their sins. Through my disobedience I fell into soul-destroying passions as though into the hands of thieves; beating me, they left me almost dead. O Lord, who for the sins of men willingly wast wounded in Thy body by the nails and the spear, who hast brought to pass the salvation of us all through the Cross in Jerusalem, heal me and save me. [3]

Verse: Have mercy upon us, O Lord, have mercy upon us...

[1] In the Slav books, Tone Four.
[2] Luke 10:31-33; Col. 2:14.
[3] Luke 10:30; Josh. 6:2.

To the Martyrs

The martyrs, O Lord, forgetting the things of the present life, and despising torture in their longing for the life to come, were granted this eternal life as their inheritance, and now they rejoice with the angels. At their supplications bestow upon Thy people Thy great mercy.

Glory to the Father... Now and ever...

Stavrotheotokion

O Lord, the Sun of righteousness, when the sun beheld Thee hanging on the Wood, it hid its rays, and the light of the moon was changed to darkness; and Thine all-blameless Mother was pierced to the very heart. [1]

[1] MAL. 4:2; MATT. 27:45; LUKE 2:35.

WEDNESDAY IN THE FIFTH WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of the Cross in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE EIGHT

Sinfully Adam ate from the tree, and reaped in bitterness the fruits of his greed; but Thou wast lifted on the Tree, O merciful Lord, and hast delivered him from his grievous condemnation. Therefore we raise our cry to Thee: Grant us, Master, to abstain from the fruit that brings corruption, and to do Thy will, that we may receive Thy mercy.

Glory be to the Father... *Repeat.* Now and ever...

Stavrotheotokion

O holy Virgin, Christ took flesh from thy pure womb and was born from thee in ways beyond our understanding; seeing Him hang between two evildoers on the Cross, thy heart was filled with anguish, and with a mother's grief thou hast cried out: 'Woe is me, my Child! What is this divine and ineffable act of Thy loving providence, whereby Thou hast restored to life Thy creature? I sing the praises of Thy deep compassion.'

After the third reading from the Psalter, the following sessional hymns:

TONE TWO

Singing the praises of the most holy Wood of the Cross, we ever venerate Thy boundless love, O Christ our God. For through the Cross Thou hast put to shame the hosts of the enemy, and hast given a sign to those that set their trust in Thee. Therefore in thanksgiving we cry aloud to Thee: Grant that with good courage and in peace we may all complete the time of the Fast.

Glory be to the Father... *Repeat.* Now and ever...

Stavrotheotokion

When the Ewe-Lamb saw the innocent Shepherd hanging on the Wood, with a mother's grief she cried aloud: 'O my Son, Thou hast spread out a cloud for Thy people as they journeyed through the wilderness, but with ingratitude they have condemned Thee to death. Woe is me! I have no husband, and now I have no Child. But, arise, O Sun, and let Thy light shine forth; and I shall be glorified among the children of mortal men.' [1]

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-canticled Canons from the Triodion; we sing the third Biblical Canticle.

CANTICLE THREE
First Canon [2]
TONE EIGHT
by Joseph

Irmos: O Lord, Thou Builder of the vault of heaven...

Stretching out Thine hands upon the Cross, O just Judge, Thou hast condemned the enmity that separated man from God; and now save me the prodigal condemned by my sins, for I have provoked Thee, O longsuffering Saviour. [3]

As the beasts I have desired a way of life that inflames the passions; I have departed far from Thy commandments, loving Saviour, and have become the servant of alien and unclean citizens. But now I turn back to Thee: accept me and save me.

As once Thou hast opened the ears and loosed the tongue of the man with an impediment in his speech, open now the ears of my soul that is grown deaf in its understanding, and count it worthy to hear Thy saving word, O Jesus who alone lovest mankind. [4]

Theotokion

All-holy Lady, Gate of salvation, Bridge to God, Protector of Christians, pilot me on my way, O Virgin, for I am beset by the troubles of this life and tossed to and fro.

[1] Exod. 13:21.
[2] Based partly on the Parable of the Prodigal Son (Luke 15:11-32).
[3] Eph. 2:14-16.
[4] Mark 7:32-35.

Another Canon
TONE TWO
by Theodore

Irmos: O God, the husbandman of all good trees...

In Thy tender love Thou hast mounted on the Cross, O Christ, and drawn me up from the pit of the passions, raising me to heaven.

Stretching out Thy hands upon the Cross, O Christ, Thou hast embraced all the nations that were far from Thee, and hast brought them close to Thy dominion. [1]

Glory be to the Father...

Unity in three Persons, Trinity supreme in Essence, one Godhead, Father, Son and Spirit of righteousness, save those who honour Thee.

Now and ever...

Theotokion

Who among those born on earth can praise thee as is right, O Virgin Mother? For thou alone wast chosen among women, and art blessed by all.

Glory to Thee, our God, glory to Thee.

For my sake, who have provoked Thee by my disobedience, Thou wast lifted up on the Cross, O Jesus, and Thy side was pierced and Thou hast tasted gall.

Irmos: O God, the husbandman of all good trees and fruit, make fruitful my barren mind in Thy compassion.

CANTICLE EIGHT

Irmos: The Chaldaean tyrant in his madness...

With Thine unsleeping eye look upon me and take pity on me: for I am held fast by the drowsiness of sloth and lie upon the bed of the passions, a slave to the sleep of sensual pleasure. Thou hast bowed Thine head upon the Cross, O Christ, and of Thine own will Thou hast awaked from sleep; and Thou hast driven away the night of sin, for Thou art the Light of righteousness.

I was adorned at Baptism with Thy rich gifts of grace; but instead I have loved the poverty of evil, and in my misery I have become a stranger to the virtues. I have wandered into a far country of sin: but make me turn back, O Saviour, and embrace me, fencing me round with Thy Cross unto eternity.

[1] Eph. 2:13.

Cast aside, my soul, the drunkenness of the passions, and by fasting seek the cleansing wine of tears that makes glad the heart of man, withering lust and putting out the furnace of the flesh. Make haste to be crucified with Christ, who for thy sake was nailed upon the Wood, and to live with Him unto eternity. [1]

Theotokion

Most pure Mother of God, cleanse the wounds of my soul and the scars of my sins, bathing them in the fountain that flows from thy Son's side. To thee I cry, O full of grace, to thee I flee for refuge, and I call upon thee.

Second Canon

Irmos: With every mortal born on earth, let us sing to God...

The angels and we men born on earth sing for ever the praises of Jesus, who was crucified in the flesh, yet did not suffer in His divine nature.

At Thy Crucifixion, O Christ, choosing an accursed and shameful death, Thou hast delivered us from corruption and saved us. [2]

We bless the Lord, Father, Son and Holy Spirit.

With the cherubim, O Trinity, I praise Thee, singing: Holy, Holy, Holy, one Godhead, simple, without beginning, beyond the understanding of all.

Now and ever...

Theotokion

In songs of praise, pure Virgin, all generations honour thee with gladness, for thou hast borne the Maker. O dread wonder and all-blessed work!

Glory to Thee, our God, glory to Thee.

Solely for the sake of my salvation, O Christ, Thou hast consented to suffer all things. I sing the praises of Thy Crucifixion, nails and death unto all eternity.

We praise, bless and worship the Lord...

Irmos: With every mortal born on earth, let us sing to God who is glorified in heaven by the voices of the angels; and let us praise Him unto all eternity.

[1] Ps. 103:15; Gal. 2:19.
[2] Deut. 21:22-23; Gal. 3:13.

CANTICLE NINE

Irmos: Heaven was amazed at this...

Seeing Thee nailed upon the Cross, O King of all, the sun hid its rays; and the whole earth was seized with trembling, looking on Thee suffering of Thine own will, though Thou art by nature impassible. And so I pray to Thee, O Christ the physician: Heal the passions of my soul.

Forsaking the ways of salvation, I have gone along the path that leads to hell; round me is the deep darkness of lust, the slippery places of the passions, and the tempest of temptation. Therefore I entreat Thee: Save me by Thy Cross, O Christ, for Thou alone art rich in mercy.

Beset by the storm of temptations, drowning in the waves of passion, and assailed by the tempest of lust, I have now reached the sea of the Fast that is mild and calm. Pilot me across it by Thy Cross, O compassionate Lord, and bring me to the harbour of salvation.

Theotokion

Without seed, O Virgin, and without the desires of the flesh thou hast conceived the Word of God who created all things; and without corruption and the pangs of travail thou hast given birth to Him. Therefore with both tongue and heart we confess thee to be Theotokos and we magnify thee.

Second Canon

Irmos: O Theotokos undefiled, with never-silent hymns...

Of Thine own will, O our Saviour, Thou hast endured Crucifixion, to deliver us all from death and to give us life.

By a tree was I killed, and by the Tree of the Cross have I returned to life: for my Christ was nailed upon it and has slain the enemy.

Glory be to the Father...

Let us with one mind worship the Son who coexists with the Father, and the Holy Spirit who is ever present with them.

Now and ever...

Theotokion

O marvellous wonder! O strange tidings! How dost thou give birth as a mother, O pure Lady, while still remaining inviolate as a virgin?

Glory to Thee, our God, glory to Thee.

I sing of Thy lance, I praise Thy nails, the sponge, the reed and the Cross: for through them I have been saved, O Jesus my God.

Irmos: O Theotokos undefiled, with never-silent hymns we magnify thy virginity, that was not burnt by the fire of the Godhead.

Aposticha:

TONE THREE

Forsaking the height of the virtues, O my soul, thou hast descended to the depths of sin, and fallen among evil thieves upon the road; and now thou dost lie covered with rotting sores, prostrate and helpless. But cry aloud to Christ thy God, who was crucified and wounded of His own will for thy sake: 'Take care of me, O Lord, and save me.' [1]

Verse: We were filled in the morning with Thy mercy...

TONE EIGHT

In my misery I have been wounded by thieving thoughts and left half dead, O Lord. The company of the prophets passed me by, seeing me at the point of death, incurable by human skills. Therefore, in my cruel suffering, with humbleness of heart I cry to Thee: O Christ my God, in Thy compassion pour upon me Thy great mercy. [2]

Verse: And let the brightness of the Lord our God shine upon us...

To the Martyrs

Invincible martyrs of Christ, ye triumphed over falsehood by the power of the Cross, and gained as your reward the grace of life eternal. Ye felt no terror at the threats of tyrants, and when ye suffered torment ye rejoiced; and now your blood has become the healing of our souls. Intercede for our salvation.

Glory be to the Father... Now and ever...

Stavrotheotokion

When the all-pure Virgin saw Thee hanging in the flesh upon the Cross, her heart was wounded and she cried with tears: 'O Word, where hast Thou gone, O most beloved Jesus, my Son and my Lord? I am Thy Mother: leave me not alone, O Christ.'

[1] LUKE 10:30.
[2] LUKE 10: 30, 34.

SIXTH HOUR

Troparion of the Prophecy:

TONE ONE

Accept, O Lord, as prayers of intercession, the sufferings of the saints which they endured for Thy sake: and, we pray Thee, heal all our anguish in Thy love for mankind.

Glory be to the Father... Now and ever... *Repeat.*

Prokimenon (Psalm 91):

TONE FOUR

It is a good thing togive thanks unto the Lord, and to sing praises to Thy Name, O Most High.

Verse: To tell of Thy mercy in the morning, and of Thy truth every night.

Lesson: Isaiah 41: 4 – 14.

Prokimenon (Psalm 92):

TONE SIX

The Lord is King, and has put on glorious apparel.

Verse: The Lord has put on His apparel, and girded Himself with strength.

FRIDAY IN THE FIFTH WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of the Cross in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE ONE

O Christ, Thou hast stretched out Thine hands upon the Wood, by Thy wounds healing Adam's wound. I therefore pray Thee: heal the wounds that the deceiver has inflicted on my soul, and through prayer and fasting, Saviour, enable me to serve and worship Thee.

Glory be to the Father... *Repeat.* Now and ever...

Stavrotheotokion

Beholding Thee, O Christ, stretched dead upon the Cross, Thine all-blameless Mother cried aloud: 'O my Son, coeternal with the Father and the Spirit, what is this ineffable act of love, whereby in Thy compassion Thou hast saved the creation of Thy holy hands?'

After the third reading from the Psalter, the following sessional hymns:

TONE SIX

O Cross, guardian of the world, exorcist of devils, thee we have as our invincible protection in all things: grant that we may spend the remainder of the Fast with a pure conscience, and guide our souls to Christ, O blessed Wood.

Glory be to the Father... *Repeat.* Now and ever...

Stavrotheotokion

Pure and honoured Virgin, glory of the angels, standing by the Cross of thy Son and God, thou couldest not bear to listen to the drunken insults heaped upon Him by His enemies, but thou hast cried aloud, lamenting as a mother: 'O Lord who lovest mankind, how dost Thou endure their threatening? Glory be to Thy forbearance.'

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-canticled Canons from the Triodion, and we sing the fifth Biblical Canticle.

CANTICLE FIVE
First Canon
TONE ONE[1]
by Joseph

Irmos: Thou hast shone upon us with the radiance of Thy coming...

O Jesus, supreme in love, who stretchest out the heavens like a curtain, Thou hast stretched out Thine hands upon the Cross. I therefore pray Thee: take pity on me, for I am stretched upon the rack and tormented by the enemy.[2]

O Jesus, supreme in love, Thou hast awoken from Thy sleep upon the Cross and roused us to salvation, when we lay sleeping in the lowest depths of destruction. Therefore we glorify Thee with faith.

O Saviour, give light to the hearts of Thy servants, and count us worthy to behold the day of Thy Passion and Thy lifegiving Resurrection, as we praise the power of Thy Kingdom.

Stavrotheotokion

Seeing Thee nailed upon the Cross, the all-pure Virgin was wounded to the heart and she cried in grief: 'O Lord, in Thy tender mercy Thou hast patiently endured Thy Passion, granting freedom from the passions unto all.'

Another Canon
TONE SIX
by Theodore

Irmos: From the night I seek Thee early...

In Thy love for mankind Thou hast stretched out Thine hands, and the Jews nailed Thee to the Cross and pierced Thy side with a spear. All these things Thou dost endure, O Christ, for our salvation.

Adam died of old through eating from a tree, but he found life again through the tree of the Cross, O merciful Lord, and so he rejoiced once more in Paradise.

Glory be to the Father...

[1] In some Greek editions Tone Three; but this seems to be a mistake.
[2] Ps. 103:2.

O Trinity, I praise Thee as Unity by nature, without beginning, uncreated, supreme in sovereignty, beyond perfection, God and Light and Life, Creator of the world.

Now and ever...

Theotokion

In thy childbearing that surpasses nature, the laws of nature, holy Virgin, are plainly made void. For without seed thou hast given birth to God, begotten before all ages from the Father.

Glory to Thee, our God, glory to Thee.

O Christ my Master, I honour Thy Cross, the spear and the nails, for through them Thou hast delivered us from corruption, making us immortal by Thy Passion.

Irmos: From the night I seek Thee early, O Lover of mankind: give me light, I pray Thee, and guide me in Thy commandments, and teach me, O Saviour, to do Thy will.

CANTICLE EIGHT

Irmos: The furnace moist with dew...

Thou wast fixed upon the Cross with nails, O Saviour, and Thou hast blunted the sting of the evil one; a crown of thorns was placed upon Thy head in mockery, and Thou hast uprooted the thorns of man's transgression. We therefore sing Thy praises, and we cry: Let the whole creation bless the Lord and exalt Him above all for ever.

Thou hast stretched out Thine hands upon the Cross, O Christ, gathering mankind to the knowledge of Thyself; Thou hast suffered Thy side to be pierced by the spear, causing a fountain of illumination to well up for us who sing: Let the whole creation bless the Lord and exalt Him above all for ever.

Merciful Lord, with the streams of Thy compassion cleanse my heart that is defiled by the wounds of sin, and make the waters of contrition to spring up within me, that I may cry to Thee, O Jesus Christ: Let the whole creation bless the Lord and exalt Him above all for ever.

Theotokion

We acknowledge thee, O Virgin, as the sacred Vessel that held the manna of the Deity, as Ark and Table, Candlestick and Throne of God, Pavilion and Bridge that brings us to divine life; and we sing: Let the whole creation bless the Lord and exalt Him above all for ever. [1]

[1] Exod. 16:33; 25:10, 23, 31; Heb. 9:2-4; Gen. 28:12.

Second Canon

Irmos: Offering the same hymn...

Christ is crucified and I am restored to life; and with the Children I sing: O all ye works of the Lord, bless ye the Lord.

By Thy death upon the Cross the world is delivered from corruption, and with the Children it sings: O all ye works of the Lord, bless ye the Lord.

We bless the Lord, Father, Son and Holy Spirit.

Trinity equal in honour, consubstantial Unity, Father, Son and Spirit, save me, for I sing Thy praises with faith.

Now and ever...

Theotokion

I venerate the childbirth of the pure Theotokos, and with the Children I sing: O all ye works of the Lord, bless ye the Lord.

Glory to Thee, our God, glory to Thee.

I praise Thy Cross, O Saviour, whereby I have been saved, and with the Children I sing: O all ye works of the Lord, bless ye the Lord.

We praise, bless and worship the Lord...

Irmos: Offering the same hymn, with the Children I sing: O all ye works of the Lord, bless ye the Lord.

CANTICLE NINE

Irmos: The bush that burned and yet was not consumed...

Elijah gave lightness to his flesh by increasing his prayer and fasting, and then he beheld the Lord in a light and gentle breeze. Follow his example, O my soul: cast aside the grossness of sensual pleasures, and so behold Him who is thy true desire. [1]

Moses once lifted up the serpent on a wooden staff, and thus prefigured Thine exaltation on the Cross, O Saviour supreme in love. For through the Cross Thou hast delivered from the poisonous malice of the serpent all the nations that worship Thee. [2]

I lie in the tomb of slothfulness, and the hardness of my heart weighs upon me like a stone. I have no understanding of Thine ever-living word and no feeling of Thy fear, O Saviour. In Thine abundant mercy take pity on me and save me. [3]

[1] 3(1)Kgs 19:8, 12 (Sept.).
[2] Num. 21:9; John 3:14.
[3] Mark 3:5; Matt. 27:60; Ps. 118:89; Heb. 4:12.

Theotokion

Lady, exalted above all things, raise me high above the sinful passions; for I glorify thee as true Theotokos, and I sing the praises of thy childbearing that is honoured as a mystery beyond our understanding, O Virgin undefiled, full of God's grace.

Second Canon

Irmos: Conception without seed...

Thou art crucified and Thou dost save me; Thou dost die and give me life. O depth of love and tender mercy! Who has ever seen or heard of a master who chooses openly to die for his servants? But glory be to Thine ineffable goodness, O Lord.

The sun set when it saw Thee crucified: for how should it not hide its light, beholding the outrage suffered by its Maker? All creation was shaken, and in silence cried aloud to those who crucified Thee, that Thou art the God of all.

Glory be to the Father...

O Father, single only-Begetter of the only-Begotten Son; O only Light and Brightness from the one and only Light; and Thou, one and only Holy Spirit from the one God, true Lord from the Lord: O holy Three in One, save me as I tell of Thy divinity.

Now and ever...

Theotokion

The marvel of thy childbearing fills me with wonder, O all-blameless Lady. How hast thou conceived without seed Him whom none can comprehend? How hast thou remained a Virgin and yet become a Mother? 'Accept the miracle with faith, and worship the Child that is born; for all that He wills, He has the power to do.'

Glory to Thee, our God, glory to Thee.

For our sake has each one of Thy members endured suffering: Thy head suffered blows and Thy cheek buffeting; Thy hands suffered the nails and Thy side the spear; and so Thou hast undergone all the agony of the Cross. But glory be to Thine ineffable compassion, O our Saviour.

Irmos: Conception without seed; nativity past understanding, from a Mother who never knew a man; childbearing undefiled. For the birth of God makes both natures new. Therefore, as Bride and Mother of God, with true worship all generations magnify thee.

Aposticha:

TONE EIGHT

Thou wast crucified with the thieves, O Christ our God, and Thou hast healed man's nature by Thy wounds. I have fallen among invisible robbers, among bodiless thieves; they have stripped me of virtue and grievously wounded me. O despise me not: none of the saints can heal me; I lie half dead and have but little life remaining in me. Thou art my only hope, who hast restored the dead to life: bind up my wounds, pouring upon me the oil of Thy compassion, for Thou alone lovest mankind *(twice)*. [1]

To the Martyrs

What shall we call you, O saints? Cherubim, for Christ rested upon you? Seraphim, for ye glorified Him without ceasing? Angels, for ye have renounced the body? Powers, for ye perform miracles? Manifold are your names, but greater are your gifts of grace: pray for the salvation of our souls.

Glory be to the Father... Now and ever...

Stavrotheotokion

'O marvellous wonder! O strange mystery! O fearful enterprise!' said the Virgin as she looked on Thee, and saw Thee hanging between two evildoers on the Cross, the Child whom she had borne without travail and inviolate. 'O sweetest Jesus, my best-beloved, how has the lawless and ungrateful people nailed Thee to the Cross?'

SIXTH HOUR

Troparion of the Prophecy:

TONE FIVE [2]

Thou art praised above all, O Christ our God, who shakest the earth, that the dwellers upon it may turn and be saved: and Thou makest it firm once more in Thy love and ineffable compassion. At the prayers of the Theotokos, have mercy upon us. [3]

Glory be to the Father... Now and ever... *Repeat.*

[1] Isa. 53:5; Luke 10:30-34.
[2] In the Slav books, Tone Eight.
[3] Isa. 2:19; Hag. 2:6; Heb. 12:26.

Prokimenon (Psalm 100):

TONE EIGHT [1]

I will sing to Thee of mercy and judgement, O Lord.

Verse: I will sing and gain understanding in the way that is perfect.

Lesson: Isaiah 45: 11 – 17.

Prokimenon (Psalm 101):

TONE FOUR

Hear my prayer, O Lord, and let my cry come unto Thee.

Verse: Turn not away Thy face from me in the day when I am in trouble.

[1] IN THE SLAV BOOKS, TONE FOUR.

MONDAY IN THE SIXTH WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of repentance in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE ONE

Rolling away the stone of hardness from my heart, raise up my soul that is slain by the passions, O loving Lord, and count me worthy in compunction to bring palms of virtue to Thee the Victor over hell. So may I obtain eternal life, singing the praises of Thy power and Thy compassion, for Thou alone lovest mankind.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

O full of grace, beholding in thee the wonder of all wonders, the creation rejoices. For without seed thou hast conceived, and ineffably hast borne as child Him upon whom the leaders of the angelic hosts dare not gaze. O Theotokos, pray to Him for the salvation of our souls.

After the third reading from the Psalter, the following sessional hymns:

TONE ONE

As we set out upon the sixth week of the Fast, let us sing to Christ a hymn in preparation for the Feast of Palms. He comes for our sake seated on the foal of an ass, that as King he may subdue the wild and unruly nations to His Father. Let us all make ready for Him branches of virtues, that with rejoicing we may see His Resurrection.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

O most holy Virgin, thou hast carried in thine arms the Creator, who in His lovingkindness was made flesh. Stretch out those arms towards

Him, and entreat Him to deliver us from every passion, danger and temptation, for with love we praise thee and we cry aloud: Glory be to Him who dwelt in thee; glory be to Him who from thee came forth; glory be to Him who through thy childbearing has set us free.

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-canticled Canons from the Triodion; we sing the first Biblical Canticle.

CANTICLE ONE
First Canon
TONE ONE
by Joseph

Irmos: Let us all sing a triumphant song unto God...

Through abstinence let us put to death the passions and through godlike actions let us bring to life the spirit, that with pure minds we may see the holy Passion of Christ.

O Christ of many mercies, I have followed the ways of the rich man who showed no compassion; but I pray Thee, make me to dwell with the poor man Lazarus, and deliver me from the flame and the fire that never shall be quenched. [1]

O Lord, I have fasted from every act of virtue, and taken my fill of sin. Now I am hungry: O feed me with the holy food of salvation.

Theotokion

O undefiled Lady, I am condemned as an outcast because of my actions: save me and take pity on me, for thou hast borne God the all-compassionate.

Another Canon
SAME TONE
by Theodore

Irmos: Let us sing a song of triumph unto God...

O ye faithful, let us prepare to celebrate Palm Sunday, joyfully observing the forefeast from this present day onwards, that we may be counted worthy to see the lifegiving Passion.

Christ draws near and comes to Jerusalem, seated as King on the foal of an ass, that He may subdue the disobedient nations beneath the Father's yoke.

[1] LUKE 16:19-24; MARK 9:44.

Glory be to the Father...

One in Godhead, Unity in three Persons, God and Father unbegotten, only-begotten Son, one and only Holy Spirit, single sovereignty and power, save us all.

Now and ever...

Theotokion

Glorious things are spoken of thee throughout all the world, for thou hast borne in the flesh the Maker of all, O Theotokos Mary who hast known no marriage and no bridal bed. [1]

Glory to Thee, our God, glory to Thee.

Behold, Christ has come to the city of Bethphage. Rejoice, Bethany, home of Lazarus, for a great miracle shall He show to thee, raising Lazarus from the dead. [2]

Irmos: Let us sing a song of triumph unto God, who came to Moses' aid in Egypt, and drowned Pharaoh with all his host: for He has been glorified.

CANTICLE EIGHT

Irmos: Him before whom the angels and all the hosts of heaven...

In my wretchedness I have grown rich in unprofitable thoughts, I have defiled my soul with lawless pleasures, and the darkness of despair surrounds me. O my God, shine upon me with the light of repentance.

As once Thou hast given light to the man blind from birth, shine upon my soul that does not see Thy Light, O merciful Lord, but lies buried in the darkness of sinful forgetfulness and in the cares of this life. [3]

Through fasting Elijah opened the heavens and watered the thirsty earth with showers of rain. Let us fast, pouring out streams of tears from our soul, that we may be granted mercy. [4]

Theotokion

As a living vine, pure Virgin, hast thou borne for us the ripe Cluster of grapes, from which there flows the wine of forgiveness, drying up the drunkenness of sin.

[1] Ps. 86:3.
[2] Matt. 21:1.
[3] John 9:1.
[4] 3(1)Kgs 18:45; 19:8.

Second Canon

Irmos: As the Children in the furnace...

The door of the forecourt is opened, that leads us to the raising of Lazarus: for Christ is come, to awaken the dead man as from sleep and to overthrow death by life.

Great is thy glory, O Bethany! For thou art counted worthy to receive the Creator as thy guest, and thou dost cry aloud: O ye works of the Lord, bless ye the Lord.

We bless the Lord, Father, Son and Holy Spirit.

Let us glorify Thee, O Trinity in Unity, supreme in Being, one in Essence yet distinct in Persons, Father, Son and Spirit of God.

Now and ever...

Theotokion

With the angel we say to thee 'Rejoice!', for thou hast brought into the world the Joy and Saviour of the world. O Virgin worthy of all praise, entreat Him for us all.

Glory to Thee, our God, glory to Thee.

We offer unto Thee a hymn; for Thou who ridest on high upon the cherubim ridest now upon a foal, bringing all men into subjection beneath Thy power, O Christ. [1]

We praise, bless and worship the Lord...

Irmos: As the Children in the furnace, we offer unto Thee the hymn of the angels, and we sing Thy praises, saying: O ye works of the Lord, bless ye the Lord.

CANTICLE NINE

Irmos: Let us honour in hymns the Theotokos...

Slain by my many sins, I am imprisoned in the tomb of negligence, and upon me lies the stone of despair. Remove it in Thy mercy, O Christ, and raise me up as once Thou hast raised Lazarus.

Let us flee from the example of the rich man, who was condemned to the fire that never shall be quenched, and let us acquire the patience of Lazarus in his troubles, that Jesus may comfort us and make us sharers in His Kingdom. [2]

Let us observe with gladness the Fast that kills our passions; let us

[1] Ps. 17:11.
[2] Luke 16:19-26.

steadfastly devote ourselves to prayer; let us weep and mourn and lament with all our heart, that when we depart hence, we may go to dwell with Abraham. [1]

Theotokion

Divine treasure of virginity, the only restoration of our forefathers, fountain flowing with the deep waters of compassion, excellency and beauty of Jacob: let us sing the praises of the Theotokos, for through her we have been saved. [2]

Second Canon

Irmos: Thou art the Gate that Ezekiel...

While He is staying beyond Jordan, Christ is told today that Lazarus is ill; and, knowing all things in advance, He says: 'This sickness is not unto death.' [3]

Make ready, O Bethany, adorn thy gates for God, open wide thy courts; for behold, the Master shall enter with the apostles, bringing life to him whom thou hast nurtured.

Glory be to the Father...

The host of six-winged seraphim glorifies Thee, O Unity in three Persons, undivided Essence; and in our hymns with all mankind we magnify Thee.

Now and ever...

Theotokion

In ways past all interpretation Thou wast begotten outside time from the Father, and born within time from Thy Mother for the salvation of all; and in our hymns, as Creator and Master, we magnify Thee.

Glory to Thee, our God, glory to Thee.

Bearing the branches of our generosity and the palms of our purity, let us all make ready to meet Christ who comes to Jerusalem as our God.

Irmos: Thou art the Gate that Ezekiel the Prophet saw of old, through which none has ever passed save God alone; and in our hymns, O Theotokos Virgin, we magnify thee. [4]

[1] LUKE 16:22.
[2] SONG OF SOLOMON 4:12, 15; PS. 46:5.
[3] JOHN 11:4.
[4] EZEK. 44:1-3.

Aposticha:

TONE FIVE

Condemn me not, O Christ, to the flames of Gehenna, as the rich man was condemned because he had neglected Lazarus; but grant even to me, who ask with tears, a drop of Thy lovingkindness, O God, and have mercy upon me *(twice)*. [1]

To the Martyrs

Blessed is the army of the heavenly King: for though the victorious martyrs were born of this earth, yet despising their bodies they made haste to attain to the angelic estate; and through their sufferings they were counted worthy of the honour of the bodiless angels. At their prayers, O Lord, send down upon us Thy great mercy.

Glory be to the Father... Now and ever...

Theotokion

O full of grace, be thou our mediatrix through thine intercessions. Pray for a multitude of mercies on our souls and for the forgiveness of our many sins.

SIXTH HOUR

Troparion of the Prophecy:

TONE SIX

This is the fearful day, O God, the evening of which we did not expect to reach; but in Thy love for mankind Thou hast counted us worthy to behold it. O Thrice-Holy, glory to Thee.

Glory be to the Father... Now and ever... *Repeat.*

Prokimenon (Psalm 104):

TONE SIX

Let the heart of them rejoice that seek the Lord.

Verse: O give thanks unto the Lord, and call upon His Name.

Lesson: Isaiah 48: 17 – 49: 4.

[1] LUKE 16:24.

Prokimenon (Psalm 105):

TONE SIX

Blessed be the Lord God of Israel from everlasting to everlasting.
Verse: O give thanks unto the Lord, for He is good.

VESPERS

To Lord, I have cried, *six stichera are sung, the first three being from the Triodion:*

TONE SIX
by Joseph

My strength is weakened by my many sins and by the pleasures of this life, and in my misery, O Master, I lie always on the bed of slothfulness; but I cry to Thee: With loving compassion come and visit me, granting me health and mercy. Forsake me not, lest I sleep in death and the enemy rejoices over my destruction: for he seeks to drag me down, O Saviour, into the fearful depths of hell. [1]

I have rivalled in foolishness the rich man who showed no love for others; overwhelmed by sensual pleasures and the passions, I live in luxury and self-indulgence. I see my mind, O Lord, lying always like Lazarus before the gates of repentance, but with indifference I pass it by, and leave it hungry, sick and wounded by the passions. Therefore I deserve to be condemned to the flames of Gehenna: but deliver me from them, O Master, for Thou alone art rich in mercy. [2]

TONE FIVE
by Theodore

O Lord, while dwelling in the flesh on the other side of Jordan, Thou hast foretold that the sickness of Lazarus would not end in death, but that it had come to pass for Thy glory, O our God. Glory to Thy mighty acts and Thine all-sovereign power, for Thou hast destroyed death in Thy great mercy and Thy love for mankind. [3]

[1] Ps. 12:4-5.
[2] Luke 16:19-24.
[3] John 11:4.

Then three stichera to the saint of the day from the Menaion. Glory be to the Father... Now and ever...; *and the Theotokion from the Menaion.*

Prokimenon (Psalm 106):

TONE FOUR

O give thanks unto the Lord, for He is good: for His mercy endures for ever.

Verse: Let those whom the Lord has redeemed confess that He is good.

Lesson: Genesis 27: 1 – 41.

Prokimenon (Psalm 107):

TONE SEVEN

Be Thou exalted above the heavens, O God: and Thy glory above all the earth.

Verse: O God, my heart is ready, my heart is ready.

Lesson: Proverbs 19: 16 – 25.

Aposticha:

TONE FOUR

Deliver us, O Saviour, from soul-destroying greed, and give us a place with Lazarus the poor man in the bosom of Abraham. For Thou who art rich in mercy hast for our sakes willingly become poor, and Thou hast led us from corruption into incorruption, because Thou art a God of tender compassion and love for mankind *(twice)*. [1]

To the Martyrs

Thou hast accepted the patient sufferings of the holy martyrs: in Thy love accept our hymns of praise, and at their intercessions grant us Thy great mercy.

Glory be to the Father... Now and ever...

Theotokion

Deliver us from our distress, O Mother of Christ our God, who gavest birth to the Creator of all, that we may ever cry to thee: Hail, protection of our souls!

[2] Luke 16:23; 2Cor. 8:9.

TUESDAY IN THE SIXTH WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of repentance in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE SIX
by Joseph

Wasted by the disease of sin, I lie on the bed of despair. O Physician of the sick, visit me in Thy love for mankind; and, most merciful, let me not sleep shamefully in death, but enable me to cry with all my heart to Thee: Bestower of mercy, O Lord, glory to Thee. [1]

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

Gabriel's message to the Virgin was the beginning of salvation; for she heard his greeting 'Hail!' and did not reject his salutation. She did not doubt like Sarah in the tent, but she replied: 'Behold the handmaid of the Lord; be it unto me according to thy word.' [2]

After the third reading from the Psalter, the following sessional hymns:

TONE FIVE

Yesterday and today Lazarus is sick, and his sisters make it known to Christ. Prepare thyself with joy, O Bethany, to welcome as thy guest the Lord and King, and to cry aloud with us: O Lord, glory to Thee. [3]

Glory be to the Father... *Repeat.* Now and ever...

[1] Ps. 12:4.
[2] Luke 1:28, 38; Gen. 18:9-15.
[3] John 11:3.

Theotokion

Most Holy Mother of God, rampart of Christians, deliver us thy people who now and at all times call fervently upon thee. Make war upon our arrogant and shameful thoughts, that we may cry to thee: Hail, Ever-Virgin!

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-canticled Canons from the Triodion; we read the second Biblical Canticle.

CANTICLE TWO
First Canon
TONE SIX
by Joseph

Irmos: See now, see that I am God, who rained down manna in the days of old, and made springs of water flow from the rock, for My people in the wilderness, by My right hand and by My power alone. [1]

Rich by nature, O Christ, Thou hast by Thine own choice become poor; and Thou who fillest every living thing with plenteousness hast willingly gone hungry. I hunger for Thy grace, O Word of God: satisfy me and make me a partaker at Thy table in the Age to come. [2]

Make me, O Christ, poor as Lazarus in sin, and scatter the wealth that I have gathered in wickedness; fill me with Thy perfect love, O merciful Lord, and deliver me from the fearful punishment that is to come. [3]

Once in Babylon fasting made the Children stronger than the fire. Be not fainthearted, O my soul, but follow their example, and thou shalt quench the fire of sensual pleasure with the dew of the Spirit. [4]

Theotokion

We cry to thee 'Hail!', O Theotokos Virgin full of grace, who hast conceived our Joy. Pray to God whom thou hast borne, that we who at all times sing thy praises may be delivered from danger and corruption.

[1] Exod. 16:15; 17:6.
[2] 2Cor. 8:9; Matt. 4:2; Ps.144:16; Luke 22:18.
[3] Luke 16:20, 24.
[4] Dan. 1:8-16; 3:27.

Another Canon
TONE FIVE
by Theodore

Irmos: See now, see...

See now, see that I am God, who when I was dwelling on the far side of the Jordan heard that Lazarus was sick, and I said: 'He will not die; but this is for My glory.' [1]

The sisters of Lazarus lament and disclose their anguish to Thee who knowest all things. But Thou delayest a little, in order to perform the miracle and show to Thy disciples Thy dread power. [2]

Glory be to the Father...

Unity in three Persons, single sovereignty, kingdom ruling over the ages, Father, Son and Holy Spirit: the multitude of angels and all mankind glorify Thee.

Now and ever...

Theotokion

Who is not filled with wonder, O Virgin, beholding the Creator refashioning fallen Adam within thee, and born from thee in the flesh for our salvation, without undergoing change, through an ineffable union?

Glory to Thee, our God, glory to Thee.

Prepare thyself now, O Bethany, and with joy make ready to receive the King of all: for He shall come to thee, to bring back Lazarus from corruption to life.

Irmos: See now, see that I am God. By Mine own will was I clothed in flesh, to save from error Adam who had fallen into sin through the deceit of the serpent.

CANTICLE EIGHT

Irmos: Thou hast made dew fall from the flames...

I think upon the multitude of my offences, and I am pierced by the sting of conscience; and in my misery I lament as though already in the flames of hell. Take pity on me, Word of God, in Thy mercy.

I have neglected the virtuous actions of Lazarus and emulated the ways of the rich man who showed no love for others. O compassionate God, turn me back and take pity on me, that I may glorify Thee for ever.

[1] JOHN 11:4.
[2] JOHN 11:3, 6.

My soul is sick, and despair has brought me near to death. Come to me, O Jesus, I implore Thee, for Thy visitation gives life to those that call upon Thee.

Theotokion

Save me and come to the aid of my weakness, all-holy Virgin, for thou hast borne Him whose will it is to have mercy, and we exalt Him above all for ever.

Second Canon

Irmos: Thy holy Children sang Thy praises, O Christ...

O Bethany, home of Lazarus, rejoice. For Christ comes to thee and shall perform a mighty work, bringing Lazarus to life.

Lazarus falls sick that Thou, Son of God, mayest be glorified through him; and Thy works praise Thee, Lord, without ceasing.

We bless the Lord, Father, Son and Holy Spirit.

We praise the all-holy Trinity, Father, Son and Spirit, and we sing: O ye works of the Lord, bless ye the Lord.

Now and ever...

Theotokion

With all mankind we sing the praises of thine ineffable childbearing, O pure Virgin; and honouring thy Son as God, we bless and praise Him without ceasing.

Glory to Thee, our God, glory to Thee.

Preparing branches of virtue with which to welcome Christ, we cry: O ye works of the Lord, bless ye the Lord.

Irmos: Thy holy Children sang Thy praises, O Christ, in the furnace, and they said: O ye works of the Lord, bless ye the Lord.

CANTICLE NINE

Irmos: No man is able to see God...

Tasting once from the bitter fruit, the first-formed man was banished in grief from Paradise, and harnessed to the yoke of death. Fast, O my soul; flee from his example; flee from the pleasures of eating, for they are full of sorrow.

I call to mind Thy judgement seat, and the fire that never shall be quenched; and before the judgement comes, I condemn myself, O righteous Judge. I fear and tremble, for I have sinned against Thee without measure, more that any other man on earth: therefore take pity on me.

Let us wash away the darkness of the passions with prayers of light, and bearing branches of virtue let us hasten to welcome Christ, who soon will come riding upon a foal; and He makes ready to suffer for our salvation.

Theotokion

Coming forth from thee, O Virgin full of God's grace, Christ the Giver of light and peace has shone upon us, who are held fast by the night of the passions. He has set us free from the transgression that came through heedlessness, and He bestows redemption on us.

Second Canon

Irmos: Rejoice, Isaiah...

O wise Lazarus, prepare now for thy burial; for tomorrow thou shalt die and leave this life. Look at the tomb in which thou shalt dwell. But Christ will bring thee back to life again, raising thee on the fourth day.

Be glad, O Bethany: for Christ shall come to thee, performing in thee a great and fearful miracle. Binding death with fetters, as God of all He will raise up Lazarus, who was dead and now magnifies the Creator.

Glory be to the Father...

O honoured Trinity, consubstantial, without beginning, source of life, O undivided Unity, I sing Thy praises: Father unbegotten, Word and Son begotten, and Holy Spirit, save us all who glorify Thee.

Now and ever...

Theotokion

Beyond our understanding is thy childbearing, O Mother of God. For without man thou hast conceived, and in virginity thou hast given birth; and the Child that thou hast borne is God. We magnify Him, O Virgin, and we call thee blessed.

Glory to thee, our God, glory to Thee.

Come, let us make ready to meet the Lord, bringing to Him palms of virtue. So shall we receive Him in our souls as in the city of Jerusalem, worshipping Him and singing his praises.

Irmos: Rejoice, Isaiah: the Virgin has conceived and borne a Son, Emmanuel, who is both God and man; and Orient is His Name. We magnify Him, O Virgin, and we call thee blessed. [1]

[1] Isa. 7:14; Matt. 1:23; Luke 1:78.

Aposticha:

TONE FIVE

Fallen into transgressions and bound fast by the cords of sin, why art thou slothful, O my soul? Why art thou careless? Flee at all times from the burning of lasciviousness, as Lot fled from Sodom and Gomorrah; turn not back, lest thou become as a pillar of salt. Take refuge in the mountain of the virtues; run always from the flames that burnt the rich man because he was merciless and cruel. With the steps of humility advance like Lazarus, and go to dwell with Abraham, crying: My hope and refuge, O Lord, glory to Thee *(twice)*. [1]

To the Martyrs

Thy victorious martyrs, O Lord, imitated the life of the angelic hosts: with patience they endured the tortures, as though they had no body, setting all their hope in the blessings Thou hast promised. At their prayers, O Christ our God, grant peace to Thy world, and to our souls great mercy.

Now and ever...

Theotokion

O blessed among women, we entreat thee as the Mother of God: pray for the salvation of our souls.

SIXTH HOUR

Troparion of the Prophecy:

TONE FIVE

Thou hast given to our city an invincible rampart, even the Virgin who bore Thee. Through her we pray to Thee, Saviour: deliver our souls from the evils that assail us on every side.

Glory be to the Father... Now and ever... *Repeat.*

Prokimenon (Psalm 108):

TONE FOUR

Help me, O Lord my God: O save me according to Thy mercy.

Verse: Keep not silent, O God, when I praise Thee.

Lesson: Isaiah 49: 6 – 10.

[1] GEN. 19:22-26; LUKE 16:19-24.

Prokimenon (Psalm 109):

TONE FOUR

Thou art a priest for ever after the order of Melchizedek.

Verse: The Lord said unto my Lord: sit Thou at My right hand.

VESPERS

To Lord, I have cried, *six stichera are sung, the first three being from the Triodion:*

TONE TWO

by Joseph

Ruled by many passions, weakened by all the assaults of the evil one, my heart lies shamefully in the tomb of slothfulness, and it is crushed by lack of feeling as by a stone. O Saviour, who by the Wood of Thy lifegiving Cross hast brought to life all in hell, awaken me and give me life, that in fear I may glorify Thy divinity.

At the prompting of the evil one I have always loved the riches of corrupting pleasure, and without conscience I have delighted in vanity. I have neglected my mind when it groaned like another Lazarus and hungered for God's food. O Word, deliver me in Thy tender mercy from the flames to come, that I may glorify Thy love for mankind.

TONE THREE

by Theodore

Today Lazarus has died and Bethany laments for him: but Thou, our Saviour, shalt awake him from the dead. Through the raising of Thy friend, Thou hast given us in advance an assurance of Thine own dread Resurrection, of hell's death and Adam's restoration to life; and we therefore sing Thy praises.

Then three stichera to the saint of the day from the Menaion. Glory be to the Father... Now and ever...; *and the Stavrotheotokion from the Menaion.*

Prokimenon (Psalm 110):

TONE FOUR

The fear of the Lord is the beginning of wisdom.

Verse: I will give thanks to Thee, O Lord, with my whole heart: in the council of the upright and in the congregation.

Lesson: Genesis 31: 3 – 16.

Prokimenon (Psalm 111):

TONE FOUR

He is merciful, full of compassion, and righteous.

Verse: Blessed is the man that fears the Lord: he will delight greatly in His commandments.

Lesson: Proverbs 21: 3 – 21.

Aposticha:

TONE ONE

Thou wast clothed, O my soul, in the divinely-woven purple of self-mastery and in the fine linen of incorruption, but thou hast insulted thine own dignity. Thou hast made sin thy wealth and thy delight, and looked with scorn upon thy fellow men, like the rich man who despised Lazarus in his poverty. Lest thou share the rich man's punishment, become poor in spirit and cry to the Lord who for thy sake became poor: Before Thy Crucifixion Thou hast worn the purple of mockery, and for my sake wast nailed naked to the Cross; deliver me from eternal shame, O Christ, and clothe me in the raiment of Thy Kingdom *(twice)*. [1]

To the Martyrs

Wise was the exchange ye made, O saints! Ye gave your blood, and received heaven as your reward; ye suffered tribulation for a time, and now make glad eternally. Wisely have ye traded: forsaking things corruptible, ye have received things incorruptible; and rejoicing with the choirs of angels ye sing continually the praises of the consubstantial Trinity.

Glory be to the Father... Now and ever...

Stavrotheotokion

'A sword has pierced me, O my Son,' said the Virgin when she saw Christ hanging on the Cross, 'and it has torn my heart, as Simeon once foretold to me. But arise, I pray Thee, O immortal Lord, and glorify Thy Mother and handmaiden.' [2]

[1] Luke 16:19-24; 2Cor. 8:9.

[2] Luke 2:35.

WEDNESDAY IN THE SIXTH WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns to the Cross in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE TWO

Weighed down by many sins as by a stone, I lie in the tomb of negligence: but lead me up from there, O merciful and compassionate Lord.

Glory be to the Father... *Repeat.* Now and ever...

Stavrotheotokion

Guarded by the precious Cross of thy Son, O pure Lady and Theotokos, easily we turn aside all the assaults of the adversary. Therefore, as is right, we glorify thee, for thou art the Mother of the Light and the only hope of our souls.

After the third reading from the Psalter, the following sessional hymns:

TONE THREE

Today dead Lazarus is buried, and his sisters sing in lamentation: but Thou, in Thy divine foreknowledge, hast predicted what should come to pass. 'Lazarus sleeps,' Thou hast prophesied to Thy disciples, 'but I go to raise up him whom I created.' Therefore we all cry to Thee: Glory to Thy mighty power. [1]

Glory be to the Father... *Repeat.* Now and ever...

Stavrotheotokion

Thy pure and Virgin Mother, when she saw Thee hanging dead upon the Cross, O Christ, lamented with a mother's grief and said: 'What

[1] JOHN 11:11.

have the lawless and ungrateful people of the Hebrews given Thee, O my Son, in return for the many and great gifts which Thou hast granted them? I sing in praise of Thy divine self-emptying.'

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-canticled Canons from the Triodion; we sing the third Biblical Canticle.

CANTICLE THREE
First Canon
TONE TWO
by Joseph

Irmos: O God, the husbandman of all good trees...

Through the power of the Cross strengthen my mind that is weakened by the assaults of the evil one, and guide me, O Lord, to the performance of Thy will.

Sunk in the drowsiness of sloth, I lie sleeping on the bed of pleasure. Raise me up, O Christ, and make me a worshipper at Thy Passion.

With our souls cleansed and illumined by fasting, let us make haste to meet Christ as He comes incarnate to Jerusalem.

Theotokion

O pure Virgin, who wast not burnt by the fire of the Godhead, burn up the material impulses of my passions, that I may for ever glorify Thee with faith.

Another Canon
TONE THREE
by Theodore

Irmos: O barren and infertile soul...

The death of Lazarus this day did not escape the all-seeing eye of Jesus, but He spoke of it to His disciples, crying: 'My friend Lazarus has fallen asleep, but I go to raise him.' [1]

'Let us go into Judaea again,' Thou hast said, O Lord, and Thy words filled the disciples with fear. But Thomas boldly cried aloud: 'He is the Life, let us go also; for if we die, we shall return to life again.' [2]

Glory be to the Father...

[1] JOHN 11:11.
[2] JOHN 11:7-8, 16.

O Trinity one in Essence, Almighty Father, coeternal Son and Spirit of God that shares their throne, uncreated Godhead worshipped in Unity: with all mortal men we sing Thy praises.

Now and ever...

Theotokion

O Virgin Mother undefiled, Thou art the root of Jesse from which has sprung Christ the Flower that brings life to all on earth. Through thee we are delivered from corruption and mortality, and we all sing thy praises, O pure Lady. [1]

Glory to Thee, our God, glory to Thee.

Rejoice, O Zion! Now thy King comes, as the Prophet proclaimed: He is meek, and the foal of an ass carries Him in the body, though He holds all creation in His hand. Let us sing to His power. [2]

Irmos: O barren and infertile soul, bear a crop of glorious fruit and cry with joy: Thou hast firmly established me, O God; there is none holy and none righteous save Thee, O Lord.

CANTICLE EIGHT

Irmos: The Lord of old foreshadowed...

Roll back from my humble soul, O Christ the Word, the heavy stone of grievous slothfulness, and raise me from the tomb of insensitivity, that I may glorify Thee.

In Thy divine foreknowledge and Thy tender mercy Thou hast foretold to Thy friends the death of Thy friend; and Thou hast raised him on the fourth day, to Thy praise and glory. [3]

Thou comest again, O Christ, to Judaea, which seeks to kill Thee the Tree of Life upon the tree of the Cross; for it is Thy will to make immortal those who had been slain by eating from the tree. [4]

Theotokion

In thee, pure Virgin, are the ways of God made manifest: for He kept thy virginity sealed after childbirth for ever.

Second Canon

Irmos: Begotten as God before all ages...

[1] Isa. 11:1.
[2] Zech. 9:9; Matt. 21:5.
[3] John 11:11-14.
[4] John 11:7-8; Gen. 2:9, 17.

Lazarus the friend of Christ has died today: he is carried out for burial, and Martha's companions lament in sorrow for her brother. But Christ comes to him in joy, to show the nations that He is Himself the Life of all.

Raised on high through acts of compassion, as though upon the Mount of Olives, let us make ready for the invisible coming of Christ to us, as we praise, bless and exalt Him above all for ever.

We bless the Lord, Father, Son and Holy Spirit.

O Unity in three Persons, Father, Son and living Spirit, one Godhead and one Kingdom, the hosts of angels glorify Thee as the Light that never sets; and we on earth praise, bless and exalt Thee above all for ever.

Now and ever...

Theotokion

Behold, with all generations we call thee blessed, O Virgin undefiled, seeing the great things God has done to thee. For in ways surpassing nature thou hast borne the Maker of all, who is both God and man. Therefore we bless and exalt thee above all for ever.

Glory to Thee, our God, glory to Thee.

With the Children let us also go and meet Christ our God, bringing works of mercy instead of palms, and prayer in our hearts instead of branches; and let us cry: Hosanna! Bless and exalt Him above all for ever.

We praise, bless and worship the Lord...

Irmos: Begotten as God before all ages from the Father without beginning, He has in the last times clothed Himself in flesh taken from the Theotokos: O sing His praises as true man and perfect God, and bless and exalt Him above all for ever.

CANTICLE NINE

Irmos: Who among those born on earth has ever seen...

With fasting as his protection, Daniel stopped the mouths of wild beasts. Follow his example, O my soul, and with the aid of the Cross drive off the serpent who goes about as a roaring lion, seeking to devour every soul. [1]

O Word of God, by Thy lifegiving word raise up my soul that is slain by sin and imprisoned in the tomb of transgression; and count me worthy to offer palms of virtue to Thee the Conqueror of death.

[1] DAN. 6:22, 1 PETER 5:8.

The Word of God the Father, whose throne is heaven and His ootstool earth, enters the Holy City riding on a foal; and, as King of ll, out of the mouths of babes He has appointed perfect praise. [1]

Theotokion

O pure and most wonderful Virgin, thou only art fair among women, or thou hast conceived the Word who is fairer than all mortal men. Entreat Him, then, to make beautiful the ugliness of my heart. [2]

Second Canon

Irmos: In the bush upon Mount Sinai...

Seeing their brother today beneath the bitter stone, the sisters of azarus shed tears of mourning. And from afar, my Christ, Thou hast poken of this to Thine apostles, saying: 'I am glad for your sakes'; for Thou wast not there in the flesh. [3]

Christ, whom thou hast sought to stone, comes to thee once more, O murderous Judaea, desiring to fulfill as God His saving Passion. Willingly and by His own free choice, He accepts violent death at thy ands for our salvation. [4]

Glory be to the Father...

The Godhead is both Unity and Trinity: O marvellous transmutation! t is single in Nature, yet distinguished in Persons; though indivisible, it s divided; though one, it is three; Father, Son and Spirit of Life, together uarding all things.

Now and ever...

Theotokion

Who has ever heard of a virgin that bore child and a mother that new not man? O Mary, this miracle thou hast accomplished, but tell ne how? 'Do not enquire into the mystery of my divine childbearing: it s altogether true, yet beyond man's understanding.'

Glory to Thee, our God, glory to Thee.

Weaving branches of palms, both inwardly and outwardly let us make eady to meet the Master that comes to us: for blessed is He that omes as true Son in the Name of the Lord and Father.

[1] Isa. 66:1; Ps. 8:3; Matt. 21:16.
[2] Song of Solomon 7:6; Ps. 44:3.
[3] John 11:15.
[4] John 11:7-8.

Irmos: In the bush upon Mount Sinai Moses saw thee, who hast conceived within thy womb the fire of the Godhead, and yet wast not consumed. Daniel saw thee as a mountain not cut by hand of man, and Isaiah proclaimed thee as the Rod that blossomed from the root of David. [1]

Aposticha:

TONE ONE

Israel was clothed in purple and fine linen, arrayed in the glory of priestly and royal garments; rich in the Law and the Prophets, it rejoiced in the worship of the Old Covenant. But it crucified Thee outside the gates, O Benefactor who hast made Thyself poor, and it rejected Thee when Thou hast returned alive after the Crucifixion, O Thou who art ever in the bosom of God the Father. Israel thirsts now for a single drop of grace, like the rich man clothed in purple and fine linen, who showed no mercy to Lazarus in his poverty, and so was punished in the fire which never shall be quenched. Israel is filled with anguish as it looks upon the people of the Gentiles, who once lacked even the very crumbs of truth. But now they are comforted in the bosom of the faith of Abraham; they wear the purple of Thy blood and the fine linen of Baptism; and they make glad and rejoice in Thy gifts of grace, saying: O Christ our God, glory to Thee *(twice)*. [2]

To the Martyrs

O martyrs praised in all the world, neither tribulation nor distress nor hunger nor persecution, neither scourging nor the fury of wild beasts nor the sword nor threat of fire, could separate you from God. But suffering out of love for Him, as though your bodies were no longer your own, ye forgot nature and despised death. So ye have received the reward that ye deserve for all your toil, and ye have become inheritors of the heavenly Kingdom. Offer intercession without ceasing for our souls. [3]

Glory be to the Father... Now and ever...

[1] EXOD. 3:2; DAN. 2:34-35, 45; ISA. 11:1.

[2] LUKE 16:19-26; HEB. 13:12; 2COR. 8:9; JOHN 1:18; MARK 9:44; MATT. 15:27; GEN. 15:6; GAL. 3:7.

[3] ROMANS 8:35-39.

Stavrotheotokion

When Thy Virgin Mother saw Thee, O Christ, out of love for man hanging upon the Cross, who hast hung the earth upon the waters, she cried aloud: 'Woe is me! What is this strange sight? O my beloved Son, where is Thy surpassing beauty gone? I magnify Thy mercy, for by Thine own free choice Thou sufferest for all mankind.'

SIXTH HOUR

Troparion of the Prophecy:

TONE FIVE

O Lord, be merciful to us: forsake us not in our sins, O Holy and Almighty Master, we pray Thee.

Glory be to the Father... Now and ever... *Repeat.*

Prokimenon (Psalm 112):

TONE FOUR

Praise the Lord, ye servants: O praise the Name of the Lord.

Verse: Blessed be the Name of the Lord: from this time forth and for evermore.

Lesson: Isaiah 58: 1 – 11.

Prokimenon (Psalm 113):

TONE SIX

Ye are the blessed of the Lord: who made heaven and earth.

Verse: When Israel went out of Egypt, the house of Jacob from among a barbarous people.

VESPERS

To Lord, I have cried, *ten stichera are sung, the first six being from the Triodion:*

TONE FIVE

I am rich in passions and clothed in the deceitful robe of hypocrisy, and I rejoice in the sins of self-indulgence. There is no limit to my lack of love. I neglect my spiritual understanding, that lies at the gate of repentance, starved of all good things, sick through want of care. O

Lord, make me like Lazarus poor in sin, that I be not tormented in the flame that never shall be quenched, and pray in vain for a finger to be dipped in water and laid upon my tongue. But in Thy love for mankind make me dwell with the Patriarch Abraham *(twice)*. [1]

To the Martyrs

Your souls, O holy martyrs, were filled with an insatiable love; not denying Christ ye endured great sufferings and torment, and ye cast down the tyrants' pride. Ye kept the faith unaltered and unharmed, and now ye have gone to dwell in heaven. Since ye have boldness before Christ, pray that peace be given to the world, and to our souls great mercy.

TONE FIVE

by Joseph

When Thou wast journeying in the flesh, O Jesus, on the other side of the Jordan, Thou hast said to Thy companions: 'My friend Lazarus is already dead, and now has been committed to the tomb. And so for your sakes I rejoice, my friends, for by this ye shall learn that I know all things, since I am God, inseparable from the Father, though in my visible appearance I am man. Let us go then, to bring him back to life, that death may feel the defeat and utter destruction that I bring upon it, bestowing my great mercy on the world.' [2]

O ye faithful, let us follow the example of Martha and Mary, and as intercessors let us send to the Lord our acts of righteousness, that He may come to raise up from the dead our spiritual understanding, which lies insensible within the tomb of negligence, lacking all feeling of the fear of God and having no vital energy. So let us cry: As once by Thy dread authority, O merciful Lord, Thou hast raised up Thy friend Lazarus, so now give life to all of us, and grant us Thy great mercy.

TONE SIX

by Theodore

Lazarus has now been two days in the tomb, and he sees the dead from all the ages. There he beholds strange sights of terror, a multitude that none can number, the prisoners of hell. His sisters bitterly lament, looking upon his tomb. But Christ comes to bring His friend life, that a single hymn of praise may be offered up with one accord by all: Blessed art Thou, O Saviour, have mercy upon us.

[1] LUKE 16:19-26.
[2] JOHN 11:11-15.

Then four stichera to the saint of the day from the Menaion. Glory be to the Father... Now and ever...; *and the Theotokion from the Menaion.*

Prokimenon (Psalm 114):

TONE FOUR

I will walk acceptably before the Lord: in the land of the living.

Verse: I am well pleased: for the Lord will hear the voice of my prayer.

Lesson: Genesis 43: 26 – 31; 45: 1–16.

Prokimenon (Psalm 115):

TONE FOUR

I will pay my vows unto the Lord: in the presence of all His people.

Verse: I believed, and therefore have I spoken: but I was deeply humiliated.

Lesson: Proverbs 21: 23 – 22: 4.

And the rest of the Liturgy of the Presanctified.

THURSDAY IN THE SIXTH WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of the Apostles in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE FIVE

Yoking contemplation to action, let us make haste to offer up our prayers to Christ, that by His dread authority He may call our spiritual understanding back from the tomb to life, like another dead Lazarus; and we shall bring Him palms of righteousness and cry: Blessed art Thou who comest.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

Be swift to heal the painful passions of my soul and the diseases of my flesh. Keep my mind from turning away, O most pure Theotokos, and enable me in stillness of thought to offer pure prayers to the King of all, and to gain remission of sins.

After the third reading from the Psalter, the following sessional hymns:

TONE SIX

Lazarus has been dead now for two days, and his sisters Martha and Mary shed tears of grief for him, gazing at the stone before his tomb. But the Creator has come with His disciples, to despoil death and bestow life. Therefore let us cry to Him: O Lord, glory to Thee.

Glory be to the Father... *Repeat.* Now and ever...

Theotokion

Hallowed Lady, Mother of Christ our God, thou hast borne ineffably the Maker of all. In union with the holy apostles pray to Him at all

times, that in His love He may release us from the passions and grant us the remission of our sins.

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-canticled Canons from the Triodion: we sing the fourth Biblical Canticle.

CANTICLE FOUR
First Canon
TONE FIVE
by Joseph

Irmos: Habakkuk foresaw Thy divine self-emptying, O Christ...

With the rays of your intercession illumine us who dwell in the prison of our sins; for with reverence we praise you, O apostles who bring light.

Yoking love with compassion, O ye faithful, let us make haste to offer up our prayer to Christ, that He may raise us from the grave of our secret passions.

Mortified in soul, let us mercilessly cut off every carnal affection; and let us become friends of the Redeemer that He may deliver us from the dread condemnation of hell.

Before Thy Passion, O my Saviour, Thou hast foretold the falling asleep of Lazarus, and after a short while Thou hast raised him up; and Thou hast accepted the praise of babes and sucklings, who came to meet Thee bearing branches. [1]

Theotokion

From thee, O pure and undefiled Mother of God, has flowed the divine water of immortality and life; and all who drink from it shall be delivered from the thirst that brings death.

Another Canon
TONE SIX
by Theodore

Irmos: O Lord, I have heard the report of Thee and was afraid...

Lazarus is buried now, and Martha and her companions lament and weep around the grave; and they long for Thee, the Giver of Life, to come.

[1] MATT. 21:16.

Seeing Thee draw near, O Christ, death begins to be afraid. For Thou, who art Life, shalt banish him to the ends of the earth.

Glory be to the Father...

O simple Unity praised in Trinity of Persons, uncreated Nature without beginning, save us who in faith worship Thy power.

Now and ever...

Theotokion

O Mother of God, without knowing man thou hast given birth within time to the Son who was begotten outside time from the Father; and, strange wonder! Thou givest suck while still remaining Virgin.

Glory to Thee, our God, glory to Thee.

Let all who are in the deserts and in caves assemble together and go with songs to meet the Lord of glory, who comes riding upon a foal.

Irmos: O Lord, I have heard the report of Thee and was afraid; I have seen Thy works and was amazed. Glory to Thy power, O Lord.

CANTICLE EIGHT

Irmos: For Thee, the Creator of all...

O divinely inspired apostles of the Lord, stones built upon the Chief Corner Stone, intercede with Him who is all-merciful, that He may take away the heavy stone from my heart. [1]

'Let us go', Thou hast said beforehand to Thy friends. 'Lazarus My friend has already fallen asleep. But by awakening him I shall destroy for ever the evil and destructive power of death.'

Let us become through grace meek in soul and humble in thought, and let us receive the meek Master of all, who comes to break in pieces the arrogance of the evil one. [2]

Theotokion

The Prophet saw thee, O all-blameless Lady, as a shining Gate of light. For in ways past telling thou dost bear the Giver of Light, who has become as we are; and we exalt Him above all for ever. [3]

[1] Isa. 28:16; Eph. 2:20.
[2] Matt. 21:5.
[3] Ezek. 44:1-3; Phil. 2:7.

Second Canon

Irmos: Thy holy Children in the furnace...

Mary and Martha now lament, beholding Lazarus laid in the tomb, and in distress they cry aloud: 'Had Christ been here, our brother had not died.' [1]

Let hell expect its own destruction. For the Life comes to raise up Lazarus, who cries aloud: 'Bless, praise and exalt ye the Lord above all for ever.'

We bless the Lord, Father, Son and Holy Spirit.

Without beginning are the birth of the Son and the procession of the Spirit. I worship the Father who begets, I glorify the Son who is begotten, and I sing the praises of the Holy Spirit who shines forth with the Father and the Son.

Now and ever...

Theotokion

Cease not to pray, O Virgin, unto Him whom thou hast borne in ways past all interpretation, for He loves mankind: that He may save from danger all who flee to thee for refuge.

Glory to Thee, our God, glory to Thee.

Let us and all the faithful prepare virtues as branches and palms for our meeting with the King, and let us cry aloud: Bless, praise and exalt ye the Lord above all for ever.

We praise, bless and worship the Lord...

Irmos: Thy holy Children in the furnace sang like the cherubim the thrice-holy hymn, and they cried aloud: Bless, praise and exalt ye the Lord above all for ever.

CANTICLE NINE

Irmos: Rejoice, Isaiah...

O Master Christ, who hast made Thy wise disciples to be Thy friends, save me from friendship with the crafty one. Thou hast come with them, O Saviour, and raised Thy faithful friend Lazarus, and in thanksgiving he sings Thy praises. [2]

[1] JOHN 11:21.
[2] JOHN 15:15.

O compassionate Lord, at the full completion of the Fast fill our hearts and minds with joy, through the prayers of Thine apostles who loved Thee with sincerity, O Saviour of our souls.

I dwell in the tomb of sloth, O Christ, and I stink from the festering wounds of sin. And so I call upon Thee: Raise me up and save me, that I may come to meet Thee with branches of virtue, shouting aloud: Hosanna be to God. [1]

Theotokion

O Maiden undefiled, unto us hast thou borne the only-begotten Son of the Father, who became incarnate in two wills and natures. Transcendent in His Godhead, He makes us partakers of the divine nature. [2]

Second Canon

Irmos: Conception without seed...

Today Lazarus has been two days in the tomb, and Mary and Martha as his true sisters shed tears for him. But Christ comes to him with his holy apostles, to make manifest a great wonder.

O all-destroying death, expect now thine own dissolution. Let thy doorkeepers look to the bolts and bars: for Christ shall raise up Lazarus and shatter thy gates by His word. With us the Prophet cries to thee, 'O hell, drink this first.' [3]

Glory be to the Father...

O Father, single only-Begetter of the only-Begotten Son; O only Light and Brightness from the one and only Light; and Thou, one and only Holy Spirit from the one God, true Lord from the Lord: O holy Three in One, save me as I tell of Thy divinity.

Now and ever...

Theotokion

The marvel of thy childbearing fills me with wonder, O all-blameless Lady. How hast thou conceived without seed Him whom none can comprehend? How hast thou remained a Virgin and yet become a Mother? 'Accept the miracle with faith, and worship the Child that is born: for all that He wills, He has the power to do.'

Glory to Thee, our God, glory to Thee.

[1] John 11:39.
[2] 2Peter 1:4. Dogmatic definition of the 6th Ecumenical Council.
[3] Isa. 8:23 (Sept.).

The Lord comes seated upon a foal, as it is written. Ye peoples, make ready to receive in fear the King of all, and to welcome Him with palms as Victor over death and hell; for He has raised Lazarus. [1]

Irmos: Conception without seed; nativity past understanding, from a Mother who never knew a man; childbearing undefiled. For the birth of God makes both natures new. Therefore, as Bride and Mother of God, with true worship all generations magnify thee.

Aposticha:

TONE FIVE

Come, brethren, and before the end with pure hearts let us all draw near to the compassionate God. Casting aside the cares of this life, let us take thought for our souls. Through abstinence let us reject with loathing the pleasures of food, and let us busy ourselves with acts of compassion; for in this way, as it is written, some have entertained angels unaware. By providing for the needy, let us feed Him who has fed us with His own flesh. Let us clothe ourselves in Him who clothes Himself in light as in a garment. So, at the intercessions of the most pure Theotokos and Virgin Mother, we shall receive forgiveness of our sins, and with compunction cry to Him: O Lord, deliver us from the condemnation of those on Thy left hand, and make us worthy to stand on Thy right, for Thou art merciful and lovest mankind *(twice)*. [2]

To the Martyrs

In their torments, the saints cried out rejoicing: 'This is the exchange that we make with the Master: in return for the wounds inflicted on our bodies, He will clothe us at the Resurrection with a garment of light; in return for dishonour, we shall receive crowns; in return for imprisonment, Paradise; and in return for condemnation with evildoers, life with the angels.' At their prayers, O Lord, save our souls.

Glory be to the Father... Now and ever...

Theotokion

Forechosen from all generations, hear us when we call upon thee, and answer the petitions of our souls: grant us deliverance from our passions and from anguish, for the sake of the apostles; for thou canst do all things as the Mother of God.

[1] ZECH. 9:9; MATT. 21:5.
[2] GEN. 18:2; HEB. 13:2; MATT. 25:33, 35; PS. 103:2.

SIXTH HOUR

Troparion of the Prophecy:

TONE ONE

Forget not the cry of Thy servants, O Lord, but remember that at all times we have put our hope in Thee; for Thou art all-powerful, and we pray Thee to help us.

Glory be to the Father... Now and ever... *Repeat.*

Prokimenon (Psalm 117):

TONE FOUR

This is the gate of the Lord: the righteous shall enter by it.

Verse: O give thanks unto the Lord, for He is good: for His mercy endures for ever.

Lesson: Isaiah 65: 8 – 16.

Prokimenon (Psalm 118):

TONE FOUR

I have run the way of Thy commandments: for Thou hast enlarged my heart.

Verse: Teach me, O Lord, the way of Thy statutes.

VESPERS

To Lord, I have cried, *six stichera are sung, the first three being from the Triodion:*

TONE FOUR
by Joseph

Two of the holy apostles, knowing that Thou, O Christ, art one of the Trinity, now are sent by Thee to bring the colt of an ass in fulfillment of the prophecy. And humbling Thyself, O compassionate Lord, Thou shalt sit upon it, who dost make ready by Thy will a seat in the highest for all that love Thee. And those who in their folly have submitted to unreasoning passions, Thou hast made, O Word, to cry aloud to Thee: Hosanna! [1]

[1] ZECH. 9:9; MATT. 21:1, 5.

Receive thy King, O Zion. For see, He comes to thee now in meekness, to raise up Lazarus and to destroy the bitter kingdom of death. Summoned by God, let all the multitude of holy monks and lay-people assemble, to welcome Christ with palms and cry: Blessed is He who comes to save mortal men through the Passion of the Cross, and to grant in His love freedom from the passions unto all. [1]

TONE EIGHT
by Theodore

O Christ, who art borne on high by the dread seraphim, as God and Creator of all, Thou dost make haste to ride on earth upon a colt, as a man like us. Bethany rejoices greatly to receive Thee, O Saviour, and Jerusalem is glad as it awaits expectantly to welcome Thee. Death has been slain, and as a foretaste of the coming Resurrection it sees Lazarus return from the dead. In joy we go to meet Thee with palms, praising the power of Thy love, O Lord. [2]

Then three stichera to the saint of the day from the Menaion. Glory be to the Father... Now and ever...; *and the Stavrotheotokion from the Menaion.*

Prokimenon (Psalm 119):

TONE SIX

In my distress I cried unto the Lord: and He heard me.

Verse: Deliver my soul, O Lord, from unjust lips and from a deceitful tongue.

Lesson: Genesis 46: 1 – 7.

Prokimenon (Psalm 120):

TONE EIGHT [3]

The Lord shall preserve thee from all evil: the Lord shall keep thy soul.

Verse: I have lifted up mine eyes unto the hills: from whence comes my help.

Lesson: Proverbs 23: 15 – 24: 5.

[1] ZECH. 9:9.
[2] PS. 17:11; PHIL. 2:7.
[3] IN THE SLAV BOOKS, TONE SIX.

Aposticha:

TONE EIGHT

Deliver me from the rich man's lack of love and from his selfishness, O Christ my God, who through Thy Cross hast cleansed us from our sins. Make me follow Lazarus the poor man in his thankful patience, and in Thy great mercy deprive me not of a place with Abraham the Patriarch *(twice)*. [1]

To the Martyrs

O martyrs of the Lord, ye hallow every place and heal every ill: and now we entreat you to pray that our souls may be delivered from the snares of the enemy.

Glory be to the Father... Now and ever...

Stavrotheotokion

'O marvellous wonder! O strange mystery! O fearful enterprise!' said the Virgin as she looked on Thee, and saw Thee hanging between two evildoers on the Cross, the Child whom she had borne without travail, yet in fear and trembling. Weeping she said: 'Woe is me, beloved Child: how has this wicked and ungrateful people nailed Thee to the Cross?'

[1] LUKE 16:19-26.

FRIDAY IN THE SIXTH WEEK

MATTINS

After the first reading from the Psalter, the sessional hymns of the Cross in the Tone of the week.

After the second reading from the Psalter, the following sessional hymns:

TONE FOUR

Two of the disciples are sent to bring the foal of an ass, in accordance with the prophecy; and, mounting upon it, Christ comes in His beauty, accepting the divine praise offered by the children. So let us eagerly hasten to meet Him, bearing as palms our acts of righteousness. [1]

Glory be to the Father... *Repeat.* Now and ever...

Stavrotheotokion

O Virgin undefiled, Mother of Christ our God, a sword pierced thine all-holy soul, when thou hast seen thy Son and God crucified of His own will. O blessed among women, never cease to intercede that in this season of the Fast He may grant us pardon of our sins. [2]

After the third reading from the Psalter, the following sessional hymns:

TONE EIGHT

Two of the disciples are sent today to bring the foal of an ass to the Master of all. He who is borne on high by the hosts of the seraphim comes riding on a colt, and all-devouring death, the ruler of this world, begins to be afraid; for, through Lazarus first of all, he is despoiled of mankind.

Glory be to the Father... *Repeat.* Now and ever...

[1] ZECH. 9:9; PS. 8:3; MATT. 21:5, 16.
[2] LUKE 2:35.

Stavrotheotokion

Standing at the Passion of her Son, the pure Virgin lamented bitterly and cried in sorrow: 'Woe is me, my Child! Thou art glorified by the angels with never-silent hymns; how have the Hebrew children brought Thee before the judgement seat of Pilate? O Word, I sing the praises of Thy great and ineffable compassion.'

The Canon

We use the Canon to the saint of the day from the Menaion, and the two three-canticled Canons from the Triodion; we sing the fifth Biblical Canticle.

CANTICLE FIVE
First Canon
TONE FOUR
by Joseph

Irmos: Shine upon me, Lord, with the light of Thy commandments...

Falling asleep upon the Cross, O Lord and Master, Thou hast put death to sleep. For Thou hast cried: 'My friend Lazarus is sleeping, but I shall go now to awake him.' [1]

Fulfilling the sayings of the prophets, in Thy compassion Thou hast come, O Christ, to the city that killed the prophets; and there of Thine own will Thou shalt be slain, saving from corruption me who am dead. [2]

All ye who through abstinence and prayer have made your rebellious body submissive to the Word, both monks and laity, go out and meet Christ who rides upon a foal and comes to His Passion.

Theotokion

O all-pure Virgin, with the drops of thy mercy water my heart that is tormented in the flame of sin. O Gate of the Light, kindle my lamp that has gone out. [3]

Another Canon
TONE EIGHT
by Theodore

Irmos: O Christ my God, Giver of Light...

Approaching Bethany, O Christ, Thou sendest two of Thy disciples

[1] JOHN 11:11.
[2] MATT. 23:37.
[3] LUKE 16:24; MATT. 25:8.

to fetch Thee a foal on which no man had sat. For none but Thyself, O Saviour, has brought into subjection the peoples who were without reason.

A great number of Jews came today from Jerusalem to Bethany and shared the sorrow of the sisters of Lazarus; but when they learned on the next day that Lazarus had come out from the tomb, they sought to kill Christ.

Glory be to the Father...

Most Holy Trinity, Father, Son and all-creative Spirit, blessed Godhead, Essence without beginning, threefold Light, all-seeing Power, guard Thy servants.

Now and ever...

Stavrotheotokion

When she beheld Thee nailed upon the Cross, O Christ, with blood and water flowing from Thy lifegiving side, in her love Thy Mother suffered with Thee as none but a mother can, for she knew Thee as her Son.

Glory to Thee, our God, glory to Thee.

Behold, Christ makes ready to enter Jerusalem. Let all who dwell as solitaries in the mountains and the desert assemble together and come to meet Him, sharing in the joy of the whole world.

Irmos: O Christ my God, Giver of Light, who hast driven out the primeval darkness of the abyss, disperse, O Word, the darkness from my soul, and give me the light of Thy commandments, that early in the morning I may glorify Thee.

CANTICLE EIGHT

Irmos: Earth and all that is therein...

Why, O women, do ye weep bitterly for your beloved brother, when ye have with you the Resurrection and the Life? He who brings gifts to all has come and will restore to life His true friend, through Lazarus' resurrection foretelling the resurrection of all. [1]

Monks from your hermitages, sheep in the flock of the Word, assemble now with branches in your hands to meet Christ the Chief Shepherd. The Lord comes willingly as a lamb to the slaughter, that He may destroy the tyranny of the wolf.

[1] JOHN 11:25.

As Thou wast approaching Bethphage, hell our adversary heard the sound of Thy feet, and he touched the feet of Lazarus, saying: 'If the Life calls thee, delay not, but go out: for I know that my destruction will come swiftly.'

Theotokion

The holy voices of the prophets proclaim thee symbolically, O Virgin, as Gate and Mountain, sacred Ark and Cloud of light, from whom the Sun, the only Giver of Light, has shone forth on those in darkness and shadow. [1]

Second Canon

Irmos: O ye angels and ye powers of heaven...

Two of the disciples were sent to fetch an ass for Him who rides upon the clouds, whom all things praise and exalt above all for ever. [2]

Christ is at the door: so be not sad, O Bethany. For He will change thy sorrow into joy by raising from the tomb Lazarus thine offspring, who sings His praises.

We bless the Lord, Father, Son and Holy Spirit.

The Trinity is one God: the Father is not begotten like the Son, nor does the Son proceed like the Spirit, but each keeps His distinctive properties; and I glorify the Three as Light and God for ever.

Theotokion

Thou alone hast conceived and yet remained inviolate; thou alone hast given suck to thy child, yet hast not known the pains of travail; thou alone hast borne thy Maker and Master, and thou art both His handmaid and His mother. We sing thy praises, O Virgin Mother, for ever.

Glory to Thee, our God, glory to Thee.

Invisibly with the branches of our virtues, and visibly with branches from the trees, let us prepare to receive Christ who is twofold in nature. He comes riding on a colt, and we exalt Him above all for ever.

We praise, bless and worship the Lord...

Irmos: O ye angels and ye powers of heaven, sing to Him who sits upon the throne of majesty, and is glorified unceasingly as God: bless, praise and exalt Him above all for ever.

[1] Ezek. 44:2; Dan. 2:45; Exod. 26:1; 14:24; Isa. 9:2.
[2] Ps. 103:3.

CANTICLE NINE

Irmos: For He that is mighty has done for me great things...

'Behold, we go up to the Holy City,' Thou hast foretold to Thy isciples, O Jesus; 'and by the hands of murderers I shall be delivered o Crucifixion, and I shall be truly slain according to the flesh.' [1]

Wishing to deliver Thy friend from death, Thou dost make haste to uffer death for our sake in the flesh, granting immortality to mortal nen who believe in Thee, O Word who alone art immortal.

Let us offer the palm branches of our self-control to Christ, who raws near humbly in the flesh upon a foal, and let us say to Him: O aviour who comest to Thy Passion, blessed art Thou.

Theotokion

Dread is thy childbearing, Theotokos and Mother of Christ; herefore in faith we and all generations call thee blessed, and in everence we glorify thee to all ages.

Second Canon

Irmos: The burning bush upon the mountain...

Sending out His disciples now, Christ said to them: 'Loose the colt nd bring it to me, and I will ride upon it, that I may loose the nations rom their lack of reason, and as Son bring them into subjection to the 'ather.'

The Lord draws near: open thy gates, Bethany, and receive the Master with faith. He is come to raise Lazarus from the tomb, for He lone is all-powerful.

Glory be to the Father...

O Lord, the threefold Brightness of Thy single Power shines on our nind with the light of revelation; it turns us from the error that divides, nd brings us to the divine life that unites.

Now and ever...

Theotokion

Rejoice, Palace of the King of all. Through thee, O Virgin Theotokos, he Kingdom of Heaven has been opened to us on earth and we dwell vith the angels.

Glory to Thee, our God, glory to Thee.

[1] MATT. 20:18.

All who dwell in deserts, in mountains and in caves, draw near and assemble with us, to meet the King and Master with palms in your hands; for He comes to save our souls.

Irmos: The burning bush upon the mountain revealed in prophecy to the Giver of the Law Christ's birth from the Ever-Virgin for our salvation: and with never-silent songs of praise we magnify Him.

Aposticha:

TONE FOUR [1]

by the Emperor Leo

Despising the divine commands, my soul, thou hast become an easy prey to the snares of the enemy; and by thine own choice thou hast surrendered thyself to corruption. Sunk in slumber through thy many trespasses, thou hast covered with filth the garment that God wove for thee, and made thyself unfit for the wedding of the King; and thou shalt be dragged away because of thy sin. For if thou sittest at the wedding feast clad in the raiment of the passions, He will ask thee how thou camest in, and thou shalt be cast out from the bridal chamber. But cry to the Saviour: O dread eye of God, Thou hast become what I am, without ceasing to be who Thou wast. Before Thy Crucifixion, for my sake Thou hast worn a robe of mockery: tear in pieces my sackcloth and clothe me with gladness; deliver me from the outer darkness and eternal weeping, and have mercy upon me *(twice)*. [2]

To the Martyrs

Come, all ye peoples, and with hymns and spiritual songs let us honour the victorious martyrs of Christ. They are lights to the world and preachers of the faith, and an everlasting fountain that flows with healing for the faithful. At their prayers grant peace to Thy world, O Christ our God, and to our souls great mercy.

Glory be to the Father...

TONE EIGHT

Having completed the forty days that bring profit to our soul, we beseech Thee in Thy love for man: Grant us also to behold the Holy Week of Thy Passion, that in it we may glorify Thy mighty acts and Thine ineffable dispensation for our sakes, singing with one mind: O Lord, glory to Thee.

[1] In the Slav books, Tone One.

[2] Matt. 22:11-13.

Now and ever...

Repeat: Having completed the forty days...

SIXTH HOUR

Troparion of the Prophecy:

TONE THREE

O Lord, Thy wrath that threatens sinners cannot be endured; we are not worthy to lift up our eyes and ask for mercy from Thee. Destroy us not in Thine anger, for with Thine own hand Thou hast formed us from the earth.

Glory be to the Father... Now and ever... *Repeat.*

Prokimenon (Psalm 121): [1]

TONE FOUR

I was glad when they said unto me: we will go into the house of the Lord.

Verse: Because of the house of the Lord our God, I have sought good things for thee.

Lesson: Isaiah 66: 10 – 24.

Prokimenon (Psalm 122):

TONE SIX

Have mercy upon us, O Lord, have mercy upon us.

Verse: Unto Thee have I lifted up mine eyes, O Thou that dwellest in the heavens.

[1] In the Slav books the order is reversed: *Because of the house...* is given as the Prokimenon, and *I was glad...*, as the verse.

PALM SUNDAY

SMALL VESPERS ON SATURDAY EVENING

To Lord, I have cried, *four stichera are sung:*

TONE EIGHT [1]

Seated upon a foal, O Christ, Thou hast received a hymn of victory from the innocent children; and Thou who art praised by the angels with the thrice-holy hymn hast drawn near to Thy Passion.

Behold, thy King, O Zion, comes to thee upon a foal; he is meek and brings salvation, and He seeks out His enemies, to smite them in His power. Rejoice and be glad, keeping the feast with palms. [2]

O ye faithful, like the children with one accord let us wave the branches of our virtues, offering them now to Christ; let us spread before Him the garments of our righteous actions, and mystically receive Him.

Let us bring palms of virtue, brethren, to Christ our God, who comes as man for our sake, to suffer of His own free will, and to bestow on all mankind freedom from the passions by the power of His divinity.

Glory be to the Father... Now and ever...

He who rides upon the cherubim as God is seated on a foal, and for our sake comes to the slaughter willingly. Bearing palms, let us eagerly draw near and sing His praise. [3]

Aposticha:

TONE TWO

to the special melody O house of Ephrata...

Rejoice, new Zion, and bearing palms sing praises with the children. Behold thy King, bringing salvation, comes to His Passion.

[1] In the Slav books, Tone Six.
[2] Zech. 9:9; Matt. 21:5-9.
[3] Ps. 79:2; Isa. 53:7.

Verse: Out of the mouth of babes and sucklings hast Thou appointed praise *(Psalm 8:3.)*

Be glad, Adam and Eve with the prophets: behold, the Lord is coming quickly to call you back through His Passion.

Verse: O Lord, our Lord, how wonderful is Thy Name in all the earth *(Psalm 8:2).*

He who with the Father and the Spirit receives a hymn of praise from the angels on high, in a strange manner has become poor here below and receives praise from the children. [1]

Glory be to the Father... Now and ever...

SAME TONE

With fear I sing the praises of Thy dread plan of salvation, and I cry to Thee, Hosanna! For Thou art come to save me, blessed Lord.

Apolytikia (troparia) of the Feast:
TONE ONE

Giving us before Thy Passion an assurance of the general resurrection, Thou hast raised Lazarus from the dead, O Christ our God. Therefore, like the children, we also carry tokens of victory, and cry to Thee, the Conqueror of death: Hosanna in the highest! Blessed is He who comes in the Name of the Lord!

TONE FOUR

Buried with Thee through Baptism, O Christ our God, we have been granted immortal life by Thy Resurrection, and we sing Thy praises, saying: Hosanna in the highest! Blessed is He who comes in the Name of the Lord!

And the Dismissal.

[1] 2Cor. 8:9.

STICHERA AND SESSIONAL HYMNS

SUNG ON FRIDAY EVENING AND SATURDAY MORNING IN THE EIGHT TONES FROM THE OCTOECHOS

TONE ONE

VESPERS ON FRIDAY EVENING

To Lord, I have cried, *after the sticheron for the day in the Triodion, we sing the following stichera to the Martyrs:* [1]

At the prayers, O Lord, of all the saints and of the Theotokos, grant us Thy peace and have mercy upon us, for Thou only art compassionate.

The confession of faith that ye made in the arena, O ye saints, filled with fear the hosts of demons and set men free from error. As ye were beheaded ye cried out: 'May the sacrifice of our souls be acceptable in Thy sight, O Lord; for, desiring Thee who lovest man, we have despised this quickly passing life.'

Wise was the exchange ye made, O saints! Ye gave your blood, and received heaven as your reward; ye suffered tribulation for a time, and now make glad eternally. Wisely have ye traded: forsaking things corruptible, ye have received things incorruptible; and rejoicing with the choirs of angels ye sing continually the praises of the consubstantial Trinity.

O martyrs worthy of all praise, your bodies were not buried in the earth, yet heaven has received you; the gates of Paradise were opened to you, and entering within ye have eaten from the tree of life. Pray to Christ that He may grant peace and great mercy to our souls. [2]

Glory be to the Father...

[1] For special rules on Saturday in the Fifth and Sixth weeks, see *THE LENTEN TRIODION*, pp. 419-20, 464-5.

[2] Gen. 2:9.

For the Dead
by St John of Damascus

What pleasure in this life remains unmarked by sorrow? What glory can endure upon this earth unchanged? All is feebler than a shadow, more deceptive that a dream; for death in a single moment takes all things away. But in the light of Thy countenance, O Christ, and in the joy of Thy beauty, give rest to those whom Thou hast chosen, for Thou lovest mankind.

Now and ever...

Theotokion

Let us praise the Virgin Mary, glory of all the world and gate of heaven, Daughter of men and Mother of the Lord, song of the angelic hosts and adornment of the faithful. For she is revealed as heaven and the temple of the Godhead. She it is who, breaking down the middle wall of enmity, established peace and opened the palace of the King. With her, therefore, as anchor of our faith, we have as our defender the Lord whom she has borne. Be of good courage, then, people of God, be of good courage: for in His almighty power He will make war upon our foes.

MATTINS ON SATURDAY MORNING

After the first reading from the Psalter, the sessional hymns to the Martyrs:

As faithful soldiers ye believed with one accord; ye were not terrified, O saints, by the threats of the tyrants, but taking up the precious Cross, eagerly ye followed Christ, and finishing the course, ye received victory from heaven. Glory be to Him who gave you strength; glory be to Him who crowned you; glory be to Him who through you grants healing unto all.

Verse: God is wonderful in His saints, the God of Israel.

Accept in supplication, O Lord who lovest mankind, the sufferings that the saints endured for Thee; and, we beseech Thee, heal all our distress.

Verse: To the saints that are in the earth, the Lord has shown the wonders of His will.

Let us all pray to the martyrs of Christ, for they intercede for our salvation. Let us all draw near to them with faith, for they dispense the

grace of healing, and as guardians of the faith they drive away the hosts of demons.

Glory be to the Father...

For the Dead

In the last days, without changing Thou hast for our sake clothed Thyself in flesh taken from Thy Virgin Mother, and as Lord Thou knowest how easily we fall: forgive and take pity on those who have departed from this life, for with faith they have entrusted their souls unto Thee, our Master and our only God.

Now and ever...

Theotokion

At Gabriel's salutation, 'Hail!', the Master of all things took flesh in thee, O Virgin. Thou art the Holy Ark of which the righteous David spoke; thou wast made wider that the heavens, for thou hast carried thy Creator in thy womb. Glory be to Him who dwelt in thee; glory be to Him who from thee came forth; glory be to Him who through thy childbearing has set us free. [1]

Lauds:

To the Martyrs

Come, all ye peoples, and with hymns and spiritual songs let us honour the victorious martyrs of Christ, the lights of the world and heralds of the faith. They are an ever-flowing fountain that pours out healing for the faithful. At their prayers, O Christ our God, grant peace to Thy world, and to our souls great mercy.

These are the soldiers of the mighty King, who resisted tyrants and bravely scorned all torment. Trampling every error underfoot, they have been rightly crowned: and now they ask the Saviour for peace and great mercy on our souls.

O martyrs praised in all the world, neither tribulation nor distress nor hunger, neither scourging nor the fury of wild beasts nor the sword nor threat of fire, could separate you from God. But suffering out of love for Him, as though your bodies were no longer your own, ye forgot nature and despised death. So ye have received the reward that ye deserve for all your toil, and ye have become inheritors of the heavenly Kingdom. Offer intercession for our souls. [2]

[1] Ps. 131:8.
[2] Rom. 8:35.

Rejoice in the Lord, ye martyrs, for ye have fought the good fight. Ye have resisted kings and conquered tyrants; ye feared neither fire nor the sword, nor the wild beasts that devoured your bodies. But, singing with the angels a hymn of praise to Christ, ye received crowns of victory from heaven. Pray that we may be given great mercy.

Glory be to the Father...

For the Dead

Through Thine actions, O my Saviour, Thou hast proved that Thou art the resurrection of all; for by a word, O Word, Thou hast raised Lazarus from the dead. Then the bars were shattered and the gates of hell were shaken; then was man's death shown to be but a sleep. Thou hast come to save and not to judge Thy creature: give rest in Thy love to those whom Thou hast chosen.

Now and ever...

Theotokion

Thy childbearing, O Maiden, fills with joy the choir of the prophets, the divine assembly of the patriarchs, the revered apostles, the company of bishops and martyrs, the ranks of holy monks and righteous men. They acknowledge thee as the source of all the hierarchies of heaven, and they honour thee as Mother of God.

Aposticha for the Dead:

by Theophanes

We entreat Thee, Saviour, vouchsafe to the departed a share in the life of blessedness with Thee. Give them rest in the tabernacles of the righteous, in the mansions of Thy saints, in the heavenly dwellings; and in Thy tender mercy pass over their offences, granting them repose.

Verse: Blessed are they whom Thou hast chosen and taken to Thyself, O Lord *(Psalm 64:5)*.

No man is free from sin, none save Thee, who only art immortal. Therefore in divine compassion grant unto Thy servants a dwelling-place in light with the choirs of Thine angels. In Thy tender mercy overlook their sins and grant forgiveness to them.

Verse: Their memorial is from generation to generation *(Psalm 101:13)*.

Higher than all things visible, O Saviour, are Thy promised blessings, which eye has not seen nor ear heard, nor have they entered ever into the heart of man. Grant to those who have departed unto Thee a share in these Thy blessings, and bestow upon them life eternal. [1]

[1] Isa. 64:4; 1Cor. 2:9.

Glory be to the Father...

Thy servants departed unto Thee, O Lord, trusting and rejoicing in Thy Cross. Through the Cross and the Blood that Thou hast shed for the life of the world, grant them deliverance from their offences, in Thy tender mercy pardoning their trespasses, and shining upon them with the light of Thy countenance.

Now and ever...

Theotokion

Pray to Christ thy Child, O Virgin Mother, that He may grant forgiveness of sins to thy servants, who with true faith in the dogmas of the Church proclaim thee as Theotokos; and may He count them worthy of the radiance and glory of the saints in His Kingdom.

TONE TWO

VESPERS ON FRIDAY EVENING

To Lord, I have cried, *the stichera to the Martyrs:*

Not desiring earthly pleasure, the victorious martyrs were granted heavenly blessings, and they have become fellow-citizens with the angels. At their prayers, O Lord, have mercy on us and save us.

Because the holy martyrs intercede for us and sing in praise of Christ, all error is destroyed and mankind is saved by faith.

The company of martyrs resisted tyrants, saying: 'We are soldiers of the Ruler of the powers on high; though ye give us up to fire and torture, we shall not deny the power of the Trinity.'

Great is the glory, O ye saints, that ye have gained through your faith. For by your sufferings ye were victorious over the enemy; and after death, as physicians of body and soul, ye drive out evil spirits and bring healing to the sick. Intercede before the Lord, that mercy be given to our souls.

Glory be to the Father...

For the Dead
by St John of Damascus

Woe is me! How great a struggle the soul endures at its parting from the body. Woe is me! How many tears it sheds, but there is none to pity it. Turning to the angels, it supplicates in vain; stretching out its hands to men, it finds no-one to help. Therefore, my beloved brethren, reflecting on the shortness of our life, let us ask Christ to give rest to the departed and to grant our souls great mercy.

Now and ever...

Theotokion

The shadow of the Law has passed away at the coming of grace. For as the bush burned with fire and yet was not consumed, so as virgin thou hast given birth and yet remained a virgin. Instead of the pillar of

fire there has risen the Sun of righteousness; instead of Moses we have Christ, the salvation of our souls. [1]

MATTINS ON SATURDAY MORNING

After the first reading from the Psalter, the sessional hymns to the Martyrs:

Thou hast made Thy saints to shine brighter than gold, and in Thy love Thou hast glorified Thy holy ones. At their intercessions, Christ our God, grant peace to our life and make our prayer ascend as incense, O Thou who alone dost rest among the saints. [2]

Verse: God is wonderful in His saints, the God of Israel.

O martyrs of the Lord, blessed is the earth on which your blood was shed, and holy are the shrines that have received your bodies. For in the arena openly ye triumphed over the enemy, and with boldness ye preached Christ. We entreat you, pray to Him that in His love He may grant salvation to our souls.

Verse: To the saints that are in the earth, the Lord has shown the wonders of His will.

Apostles, martyrs and prophets, hierarchs, holy monks and righteous men, who have fought the good fight to the end and kept the faith: since ye have boldness in the presence of the Saviour, we entreat you, pray to Him on our behalf that in His love He may grant salvation to our souls. [3]

Glory be to the Father...

For the Dead

Remembering, O Lord, those that have fallen asleep, I call to mind the coming judgement; and foreseeing my condemnation I cry to Thee from torment: O merciful Saviour, have mercy upon me.

Now and ever...

Theotokion

O holy Mother of the all-pure Light, with true faith and angelic hymns we honour and magnify thee.

[1] HEB. 10:1; ROM. 10:4; EXOD. 3:2; 13:21; MAL. 4:2.
[2] PS. 140:2; ISA. 57:15 (SEPT.).
[3] 2TIM. 4:7.

Lauds:

To the Martyrs

Because ye suffered for Christ's sake unto death, O victorious martyrs, your souls dwell in heaven in the hand of God, and your relics are honoured and exalted throughout all the world; priests and kings venerate them, and rejoicing with all peoples we cry aloud: The death of His saints is a sleep precious in the sight of the Lord. [1]

Taking up the Cross of Christ as their unconquerable weapon, the holy martyrs have destroyed all the power of the devil; and, receiving heavenly crowns, they have become a rampart of defence for us through their constant intercession on our behalf.

The multitude of Thy saints intercedes with Thee, O Christ: have mercy upon us in Thy love for mankind.

Every city and land honours your relics, O victorious martyrs. For, striving lawfully for the prize, ye have received crowns from heaven; and so ye are the boast of priests, the victory of kings, and the glory of the Churches. [2]

Glory be to the Father...

For the Dead

From the earth hast Thou formed me, and because of the transgression Thou hast condemned me to return to earth once more. Thou hast appointed a day of examination, when each man's hidden deeds shall stand revealed before Thee. Spare me then, O sinless Lord, and granting me forgiveness of my sins, shut me not out from Thy Kingdom. [3]

Now and ever...

Theotokion

Hail, Mary Theotokos, temple that shall never be destroyed, temple of holiness, as the Prophet cries: 'Holy is Thy temple, wonderful in righteousness.' [4]

Aposticha for the Dead:

by Theophanes

By Thy lifegiving death, O Master, Thou hast overthrown the violence and corruption of death; Thou hast become a fountain of eternal

[1] Ps. 115:6.
[2] 2Tim. 2:5.
[3] Gen. 3:19.
[4] Ps. 64:5.

life for all, and Thou hast given resurrection to the dead. Therefore we entreat Thee: give rest, O Saviour, to those who have departed unto Thee in faith, and count them worthy of the fullness of Thy glory in Thy love for mankind.

Verse: Blessed are they whom Thou hast chosen and taken to Thyself, O Lord.

Accepting voluntary death, Thou hast endured the Cross, so as to make men partakers of Thy divine Kingdom. Therefore we entreat Thee: in Thy tender mercy grant to those who have departed unto Thee in faith a share in Thy Kingdom, and count them worthy of Thine eternal blessedness and glory.

Verse: Their memorial is from generation to generation.

Wishing in Thy surpassing love to save the work of Thine hands, with joy Thou hast fulfilled the deep mystery of Thy redemptive work, and Thou hast bought the whole world at the price of Thy precious blood. Therefore we entreat Thee: be merciful to those who have departed unto Thee in faith, and in Thy love for mankind count them worthy of the sweetness of Thy beauty.

Glory be to the Father...

The dead from all the ages stand with trembling before Thy dread and fearful judgement seat, awaiting Thy just verdict, O Saviour, and Thy righteous judgement. Spare Thy servants then, O Master, who have departed unto Thee in faith, and count them worthy of Thine eternal blessedness and joy.

Now and ever...

Theotokion

Thou, pure Virgin, hast conceived God who repays the debt of our first mother Eve. He bestows upon the faithful incorruption and resurrection, and with immortal glory He crowns those who glorify thee. Cease not to intercede before Him, that with the light of His splendour He may shine upon us all, O Bride of God.

TONE THREE

VESPERS ON FRIDAY EVENING

To Lord, I have cried, *the stichera to the Martyrs:*

Great is the power of Thy martyrs, O Christ! Though they lie in their tombs, they drive out evil spirits and fight in the defence of true devotion, subduing the dominion of the enemy through faith in the Trinity.

The prophets, the apostles of Christ and the martyrs have taught mankind to sing the praises of the consubstantial Trinity; they have given light to the nations that were gone astray, and they have made the sons of men companions of the angels.

Supported by faith and made strong by hope, Thy martyrs, O Lord, destroyed the tyranny of the enemy; and, receiving crowns of glory, together with the angels they make intercession for our souls.

Great is the power of Thy Cross, O Lord! It was set up in the place of the skull, and it acts in all the world; it made the fishermen into apostles and the Gentiles into martyrs, that they might intercede for our souls.

Glory be to the Father...

For the Dead
by St John of Damascus

All human things are vain, and endure not after death. Our wealth will not remain, our glory will not go with us upon the way; for when death comes, all these things will disappear. Therefore let us cry to Christ who is immortal: Give rest to our departed brethren and make them dwell with the joyful.

Now and ever...

Theotokion

How shall we not be filled with wonder, O Virgin honoured by all, since thou hast given birth to God incarnate? Not knowing man, all-pure, thou hast borne in the flesh a Son without a father, who was

begotten without mother from the Father before all ages. Suffering no change, confusion or division, He preserved in full what is proper to each nature. Therefore, Virgin Mother and Queen, pray to Him for the salvation of our souls, for with true worship we confess thee to be Theotokos.

MATTINS ON SATURDAY MORNING

After the first reading from the Psalter, the sessional hymns to the Martyrs:

Rejoice now, all who love the victorious martyrs, and with one accord sing praise to Christ. He has made them shine like stars upon the world, and year by year their festivals confer on us the grace of miracles, enlightening our minds and souls.

Verse: God is wonderful in His saints, the God of Israel.

Your brave endurance, glorious martyrs, defeated the devices of the enemy from whom all evil comes; therefore were ye counted worthy of eternal blessedness. Intercede, then, with the Lord for the salvation of Christ's faithful flock, O ye witnesses of the truth.

Verse: To the saints that are in the earth, the Lord has shown the wonders of His will.

Through your faith ye shine as radiant lights, O physicians of the true worship of God, holy and glorious martyrs. Ye were not terrified by the torments of the tyrants, but ye cast down the blasphemous teachings of idolatry, taking up the true Cross as your emblem of victory.

Glory be to the Father...

For the Dead

When at Thy command, O Lord and Saviour, we shall stand before Thine impartial judgement seat, condemn us not who have believed in Thee. We all have sinned, and yet we have not turned away from Thee. Therefore we entreat Thee, O Christ, give rest in the dwellings of the righteous to those whom Thou hast taken to Thyself, for Thou alone art rich in mercy.

Now and ever...

Theotokion

We sing thy praises, Virgin Theotokos, who dost intercede for the salvation of us all: for thy Son and our God, in the flesh He took from

thee, accepted suffering on the Cross, and has delivered us from corruption in His love for mankind.

Lauds:

To the Martyrs

Come, all peoples, let us honour the memory of the holy and victorious martyrs. For, having become a spectacle to angels and to men, they have received the crown of victory from Christ, and they intercede for our souls. [1]

The soldiers of Christ cast aside the fear of kings and tyrants; boldly and with courage they confessed Him as the Lord of all, their King and God; and now they intercede for our souls.

The powers of the holy angels marvelled at the victorious sufferings of the martyrs. Though clothed in the body, they despised torments, following the example of Christ the Saviour's Passion; and they intercede for our souls.

O holy martyrs who have fought the good fight, ye shine even after death as lights in the world: with boldness pray to Christ our God for mercy on our souls.

Glory be to the Father...

For the Dead

Why do we men trouble ourselves in vain? The path on which we run is short. Our life is smoke and vapour, ashes and dust; it continues for a little while, and then it vanishes. Therefore let us cry to Christ the immortal King: Give rest to our departed brethren, and call them to be with Thee in the dwelling of the joyful.

Now and ever...

Theotokion

O Theotokos, the protection of all who ask thy prayers, in thee we trust, in thee we boast, in thee is all our hope: pray to thy Son for thine unprofitable servants.

Aposticha for the Dead:

by Theophanes

I glorify Thy precious Cross, for through it life and blessedness are given to those who sing thy praises with faith and love, O Lord who alone art rich in mercy. Therefore we cry to Thee, O Christ our God:

[1] 1Cor. 4:9.

Give rest to our departed brethren, and call them to be with Thee in the dwelling of the joyful.

Verse: Blessed are they whom Thou hast chosen and taken to Thyself, O Lord.

We pray to Thee, O Christ our God, for Thou art merciful and compassionate; the deep sea of Thy love cannot be fathomed, and Thou knowest man's nature that Thou hast created. Give rest to our departed brethren, and call them to be with Thee in the dwelling of the joyful.

Verse: Their memorial is from generation to generation.

As man Thou hast slept in the tomb: as God by Thine unconquerable power Thou hast raised up all those in the tomb, and with never-silent voices they offer unto Thee a hymn of praise. Therefore we cry to Thee, O Christ our God: Give rest to our departed brethren, and call them to be with Thee in the dwelling of the joyful.

Glory be to the Father... Now and ever...

Theotokion

We all acknowledge thee, O Theotokos, to be the spiritual lamp that bore the fire of the Godhead joined to man's material flesh. Pray, then, to thy Son and God: May He give rest to our departed brethren, and call them to be with Him in the dwelling of the joyful.

TONE FOUR

VESPERS ON FRIDAY EVENING

To Lord, I have cried, *the stichera to the Martyrs:*

Thou art glorified in the memorials of Thy saints, O Christ our God: at their intercessions send down upon us Thy great mercy.

Thou hast accepted the patient suffering of the holy martyrs: in Thy love accept our hymns of praise, and at their intercessions grant us Thy great mercy.

Since, O saints, ye have boldness in the presence of the Saviour, pray without ceasing for us sinners, asking that remission of offences and great mercy may be granted to our souls.

O martyrs of the Lord, living oblations, spiritual burnt-offerings, perfect victims sacrificed to God, sheep that know God and are known by Him, whose fold no wolf can enter: pray that we be led with you to feed beside the waters of repose. [1]

Glory be to the Father...

For the Dead
by St John of Damascus

Where are all the attractions of this world? Where is the vain show of passing things? Where are the silver and the gold? Where are the crowds of servants and their clamour? All are dust, all ashes, all a shadow. Come, then, and let us cry to the immortal King: O Lord, count worthy of eternal joy those whom Thou hast taken from us, and give them rest in the blessedness that grows not old.

Now and ever...

Theotokion

David the Prophet, O Theotokos, has through thee become the forefather of God. In hymns of praise to the Lord who magnified thee, he spoke of thee, saying: 'At Thy right hand stood the Queen.' Choosing

[1] JOHN 10:12-14; PS. 22:2.

to become incarnate from thee without a father, God has made thee Mother and source of life, that He might renew His own image, corrupted by the passions. Finding the lost sheep that had wandered on the hills, He laid it on His shoulders, and brought it to the Father, and united it by His own will to the powers of heaven, and saved the world: for He is Christ, great and rich in mercy. [1]

MATTINS ON SATURDAY MORNING

After the first reading from the Psalter, the sessional hymns to the Martyrs:

Through their sufferings, O Lord, Thy martyrs obtained crowns of immortality from Thee our God. For strong in Thy might they overthrew tyrants and crushed the powerless arrogance of the devils. At their supplications save our souls, O Christ our God.

Verse: God is wonderful in His saints, the God of Israel.

As with scarlet and fine linen Thy Church is adorned with the blood of Thy martyrs in all the world, and through them she cries aloud to Thee, O Christ our God: Have compassion on Thy people, grant peace to Thy flock, and to our souls great mercy.

Verse: To the saints that are in the earth, the Lord has shown the wonders of His will.

Armed with Thy Cross, O Christ our God, Thy victorious martyrs defeated the devices of the enemy from whom all evil comes. They shone like torches, guiding mortal men, and they grant healing unto those that ask with faith. At their intercessions save Thy world.

Glory be to the Father...

For the Dead

To the souls that Thou hast taken from this temporary life unto Thyself, give rest in Thy compassion and almighty power, O Christ our God. In pity forgive what they have done; have mercy, merciful Lord, on the work of Thine hands, at the prayers of the Theotokos, O Thou who alone lovest mankind.

Now and ever...

[1] LUKE 1:49; PS. 44:10; GEN. 3:20; MATT. 18:12-13.

Theotokion

The mystery hidden from all ages and unknown to the angels, through thee, O Theotokos, is revealed to those on earth: God is made flesh in a union without confusion, and willingly on our behalf accepts the Cross. Through it He raises Adam and saves our souls from death.

Lauds:

To the Martyrs

Who is not filled with wonder, holy martyrs, beholding the good fight ye have fought? Armed with the Cross and confessing Christ, while in the body ye have defeated the bodiless foe; ye have put to flight the demons and driven back the enemy. Intercede continually for the salvation of our souls.

O holy martyrs, ye have become companions of the angels. Bravely preaching Christ in the arena, ye have forsaken all the pleasures of the world, as though they had never been, and ye have held fast to the faith as a sure anchor. Therefore, putting error to flight, ye pour out gifts of healing grace upon the faithful, and ye intercede without ceasing for the salvation of our souls.

How shall we not marvel at your contests, holy martyrs? For, clothed in mortal bodies, ye defeated bodiless enemies; the threats of tyrants roused no fear in you; looking on the instruments of torture, ye were not filled with dread. Therefore, as is right, ye have been glorified by Christ, who grants great mercy to our souls.

Precious is the death of Thy saints, O Lord. Slain by the sword, by fire or frost, they poured out their blood, putting all their trust in Thee and awaiting from Thy hand the reward of their labours. They endured to the end and from Thee, O Saviour, they received great mercy.

Glory be to the Father...

For the Dead

In a place of peace with Thee, O Lord, where all Thy saints repose, give rest unto Thy servants, for Thou alone lovest mankind.

Now and ever...

Theotokion

Having thee, O Theotokos, as our hope and protection, we fear not the assaults of the enemy, for thou dost guard our souls.

Aposticha for the Dead:

by Theophanes

Truly most terrible is the mystery of death. How is the soul forcibly parted from the body? How is the harmony and union broken, and the bond of nature severed by the will of God? We therefore pray to Thee: Give rest to the departed in the dwellings of Thy saints, O Life-Giver who lovest mankind.

Verse: Blessed are they whom Thou hast chosen and taken to Thyself, O Lord.

Death became but a sleep, for those who believe in Thee, when Thou the Master of all wast laid in the tomb, and hast destroyed the power of death and overthrown its long-enduring dominion. We therefore pray to Thee: Give rest to the departed in the dwellings of Thy saints, O Life-Giver who lovest mankind.

Verse: Their memorial is from generation to generation.

Thou hast become our righteousness and sanctification, and the redemption of our souls. For Thou hast led us justified and redeemed unto the Father, taking upon Thyself the punishment and debt due from us. And now we entreat Thee: Give rest to the departed in joy and radiance, for Thou art our Benefactor and our Saviour. [1]

Glory be to the Father...

Mankind has been called back from corruption to immortality and incorruption; it has been cleansed by the Blood that flowed from Thy side, O Saviour, in which Thou hast washed us clean from the transgression of our first father. We therefore pray to Thee: Give rest to the departed in Thine eternal dwellings with the choirs of Thy martyrs.

Now and ever...

Theotokion

Accepting, all-pure Virgin, the words of those inspired by God, we believe thee to be Theotokos. For in ways past understanding thou hast given birth to God made flesh, who has delivered us from the bondage of sin. Pray now to Him, that He may shine on thy departed servants with the radiance of His Light.

[1] 1Cor. 1:30.

TONE FIVE

VESPERS ON FRIDAY EVENING

To Lord, I have cried, *the stichera to the Martyrs:*

Despising every earthly thing, bravely withstanding torture, ye attained the blessedness for which ye hoped, and were made heirs of the Kingdom of Heaven, O martyrs worthy of all praise. Since ye have boldness before God who loves mankind, pray that peace be given to the world, and to our souls great mercy.

Taking up the shield of faith, strengthening themselves with the sign of the Cross, Thy saints, O Lord, went willingly and bravely to torture, and they overthrew the pride and error of the devil. At their supplications, O Almighty God, send down peace upon the world, and on our souls great mercy. [1]

Intercede on our behalf, O holy martyrs, that we may be delivered from our sins: for to you is given grace to pray for us.

Your souls, O holy martyrs, were filled with an insatiable love; not denying Christ ye endured great sufferings and torments, and ye cast down the tyrant's pride. Ye kept the faith unaltered and unharmed, and now have gone to dwell in heaven. Since ye have boldness before Christ, pray that He may grant us His great mercy.

Glory be to the Father...

For the Dead
by St John of Damascus

I called to mind the Prophet's words, 'I am dust and ashes.' I went also to the tombs, and saw the naked bones, and said: 'Which now is the king or the soldier, the rich man or the beggar, the upright or the sinner?' But give rest, O Lord, unto Thy servants with the righteous, for Thou lovest mankind. [2]

Now and ever...

[1] EPH. 6:16.
[2] GEN. 18:27; JOB 30:19.

Theotokion

Upon the Red Sea once there was inscribed an ikon that foreshadowed the Virgin Bride. There Moses parted the waters; here Gabriel serves as minister of the miracle. Then Israel walked dry-shod through the deep; now the Virgin has without seed given birth to Christ. After Israel had crossed, the sea remained impassable, as it was before; and after conceiving Emmanuel, the All-Pure remained still inviolate. O God who art and who hast ever been, who hast appeared as man, have mercy upon us.

MATTINS ON SATURDAY MORNING

After the first reading from the Psalter, the sessional hymns to the Martyrs:

Thy martyrs, O Lord, longed to drink from the cup of Thy sufferings; they forsook the pleasures of this world and shared in the life of the angels. At their intercessions grant peace to our souls. [1]

Verse: God is wonderful in His saints, the God of Israel.

Through the miracles of Thy holy martyrs, O Christ our God, Thou hast given us a rampart that cannot be destroyed. At their prayers scatter to the winds the schemes of the heathen and strengthen the rulers of our land, for Thou alone art good and lovest mankind.

Verse: To the saints that are in the earth, the Lord has shown the wonders of His will.

Undismayed by the proud violence of tyrants, the suffering martyrs scorned danger and persecution, and with boldness they preached Christ. Steadfastly enduring cruel tortures, openly victorious they destroyed the error of idolatry and the power of the devil.

Glory be to the Father...

For the Dead

Give rest with the righteous to Thy servants, O our Saviour, and make them to dwell in Thy courts, as it is written, in Thy goodness passing over all their trespasses, voluntary or involuntary, every sin committed in knowledge or in ignorance, O Thou who alone lovest mankind.

[1] MATT. 20:22.

Now and ever...

Theotokion

O Christ our God who from a Virgin hast shone forth upon the world, and through her hast made us sons of light, have mercy upon us.

Lauds:

To the Martyrs

Blessed is the army of the heavenly King: for though the victorious martyrs were born of this earth, yet despising their bodies they made haste to attain to the angelic estate; and through their sufferings they were counted worthy of the honour of the bodiless angels. At their prayers, O Lord, save our souls.

Thy victorious martyrs, O Lord, imitated the life of the angelic hosts: with patience they endured the tortures as though they had no body, setting all their hope in the blessings Thou hast promised. At their prayers, O Christ our God, grant peace to Thy world, and to our souls great mercy.

The holy martyrs struggled on the earth, they endured suffering in the air, they were committed to the fire, and the water received them. So they have made their own the words: 'We went through fire and water, and Thou hast brought us out to a place of refreshment.' At their prayers, O God, have mercy upon us. [1]

In their torments the saints cried out rejoicing: 'This is the exchange that we make with the Master: in return for the wounds inflicted on our bodies, He will clothe us at the Resurrection with a garment of light; in return for dishonour, we shall receive crowns; in return for imprisonment, Paradise; in return for condemnation with evildoers, life with the angels.' At their prayers, O Lord, save our souls.

Glory be to the Father...

For the Dead

Thou hast fashioned me, O Lord, and set Thine hand upon me; and Thou hast commanded me, saying; 'To the earth shalt thou return once more.' Guide me on Thy straight path, forgive me my transgressions, and save me, I pray Thee, in Thy love for mankind. [2]

Now and ever...

[1] Ps. 65:12.
[2] Gen. 3:19.

Theotokion

We call thee blessed, O Virgin Theotokos, for from thee has risen the Sun of righteousness, Christ who has great mercy.

Aposticha for the Dead:

by Theophanes

With the splendour of Thy countenance, O Christ, in Thy compassion shine upon the departed, and lead them to a place of green pasture, beside the pure waters of Thy divine repose. Give them rest, according to their heart's desire, with Abraham the forefather, where Thy light is made manifest in all its purity, and the streams of Thy love flow out, where the choirs of the saints rejoice and exult in Thy goodness. Place Thy suppliants with them, and grant them Thy great mercy. [1]

Verse: Blessed are they whom Thou hast chosen and taken to Thyself, O Lord.

Look down in Thy compassion upon those who have departed unto Thee from this temporary life, and grant that with one accord they may glorify Thy power, O Master of all who lovest mankind. Shine upon them with Thy beauty, and call them to share with pure hearts in the joy of Thy presence, where the angels make glad around Thy throne, and the companies of saints attend Thee with their songs of praise. Give Thy servants rest with them, and grant them Thy great mercy.

Verse: Their memorial is from generation to generation.

To those who have fallen asleep in faith, give rest with the choir of the prophets, with the ranks of the apostles and the martyrs, and with all those since the world began who have been justified by Thy redeeming Passion and Thy Blood, through which Thou hast ransomed captive man. In Thy love forgive them their offences, for Thou alone hast lived sinless upon the earth, Thou alone art holy, Thou alone art free among the dead. Therefore grant unto Thy servants rest and great mercy. [2]

Glory be to the Father... Now and ever...

Theotokion

We were enslaved by the law of sin, all-pure Lady, but thou hast set us free by conceiving in thy womb God the King and Giver of the law, O only Mother and Virgin. Through Him we are justified freely and by

[1] Ps. 22:2.
[2] Ps. 87:5.

grace. Entreat Him now to write down in the book of life the names of those who sing thy praises as the Mother of God; that, being saved through thy mediation, we may receive from thy Son the deliverance for which we pray, worshipping Him who grants the world great mercy. [1]

[1] ROM. 7:23; 8:2; 3:24; PHIL. 4:3.

TONE SIX

VESPERS ON FRIDAY EVENING

To Lord, I have cried, *the stichera to the Martyrs:*

Thy martyrs, O Lord, denied Thee not and forsook not Thy commandments; at their intercessions have mercy upon us.

Those who suffered martyrdom for Thee, O Christ, endured great torments: at their prayers and intercessions, O Lord, preserve us all.

Thy victorious martyrs, when they contended on this earth, endured great torments; but now they dwell in heaven and have received a perfect crown, that they may offer intercession for our souls.

Thy Cross was for the martyrs an invincible weapon, O Lord. They saw death before them; but, looking to the life that is to come, they were strengthened by their hope in Thee. At their intercessions have mercy upon us.

Glory be to the Father...

For the Dead
by St John of Damascus

Thy creative ordinance was my beginning and foundation. For Thou hast willed to fashion me as a living creature from natures visible and invisible: Thou hast made my body from the earth, and given me a soul by Thy divine and quickening breath. Therefore, O Saviour, grant rest to Thy servants in the land of the living, in the tabernacles of the righteous. [1]

Now and ever...

Theotokion

Who will not call thee blessed, O most holy Virgin? Who will not sing the praises of thy childbearing without the pangs of birth? For the only Son, eternally begotten by the Father, has now been born from thee, pure Lady, taking flesh in a way beyond our powers of speech. Being

[1] GEN. 2:7.

God by nature, for our sake He became by nature man, not divided into a duality of persons but revealed to us without confusion in two natures. O honoured and all-blessed, pray to Him that He may have mercy on our souls.

MATTINS ON SATURDAY MORNING

After the first reading from the Psalter, the sessional hymns to the Martyrs:

With patient endurance the saints suffered and contended, and they received the prize of victory from Thee. They brought to nothing the schemes of the transgressors, and were granted crowns of incorruption. At their prayers, O God, bestow upon us Thy great mercy.

Verse: God is wonderful in His saints, the God of Israel.

Persecuted by tyrants, the martyrs endured and suffered bravely in the arena; and near them stood the choirs of angels, holding prizes of victory. In their wisdom they astonished rulers and sovereigns, and by confessing Christ they overthrew the devil. Glory be to Thee, O Lord who hast made them strong.

Verse: To the saints that are in the earth, the Lord has shown the wonders of His will.

The memorial of Thy saints, O Lord, is like the Paradise in Eden, for it brings joy to all creation. At their prayers grant us peace and Thy great mercy.

Glory be to the Father...

For the Dead

Truly all is vanity, and life is but a shadow and a dream. Every earthborn man troubles himself in vain, as Scripture says. When we have gained the whole world, then we shall depart to the tomb, where kings and beggars dwell together. Therefore, Christ our God, give rest to Thy departed servants in Thy love for mankind. [1]

Now and ever...

Theotokion

O Theotokos Virgin, thou art the good hope of the world: I ask for thy dread protection, and for thine alone. Have compassion on thy

[1] ECCLES. 1:2; JOB 8:9; PS. 38:7; MATT. 16:26.

people that are left without defence; pray unto the merciful God that our souls may be delivered from every threat, for thou alone art blessed.

Lauds:

To the Martyrs

At the commemoration of Thy saints, O Lord, the whole creation keeps festival; heaven with the angels greatly rejoices, and the earth with all mankind makes glad. At their intercessions have mercy upon us.

Had we not Thy saints as intercessors, O Lord, and Thy love that is tenderly compassionate towards us, how would we dare to sing in praise of Thee, O Saviour whom the angels bless without ceasing? Knower of men's hearts, spare our souls.

The memorial of the martyrs is a joy to those who fear the Lord. Having suffered for Christ's sake, they received from Him crowns of victory; and now they intercede with boldness for our souls.

Great wonders has our God done for His saints and His elect. Rejoice and be glad, all ye His servants: He has prepared for you crowns of glory and His Kingdom. We entreat you not to forget us.

Glory to the Father...

For the Dead

In days of old in Eden the eating of the fruit brought grief to Adam, through the poison of the serpent; for in this way death entered, devouring the whole race of man. But the Master by His coming has destroyed the dragon and bestowed upon us resurrection. To Him, therefore, let us cry aloud: Spare, O Saviour, those whom Thou hast taken, and give them rest in Thy love for mankind.

Now and ever...

Theotokion

At the intercessions of the Mother who bore Thee, O Christ, and at the prayers of Thy martyrs and apostles, of the prophets, bishops and holy monks, of the righteous and all the saints, give rest to Thy servants who have fallen asleep.

Aposticha for the Dead:

by Theophanes

Beyond our understanding is Thy tender love towards us; never-failing is the fountain of Thy divine compassion, O Lord of many mercies. Give rest in the land of the living to those who have departed unto Thee, and make them to abide for ever in Thy dwelling-place, for

which they longed so much. For Thou, O Christ, hast shed Thy blood for all, and hast redeemed the world at the price of Thy life. [1]

Verse: Blessed are they whom Thou hast chosen and taken to Thyself, O Lord.

Thou hast endured of Thine own will a lifecreating death; Thou hast become a source of life for the faithful, and hast given them unending joy. Establish in this joy those who have fallen asleep in the hope of the Resurrection, forgiving them in Thy mercy all their offences, for Thou alone art without sin, Thou alone art good and lovest mankind. Then will Thy Name, O Christ, be praised by all, and being saved we shall glorify Thy compassionate love.

Verse: Their memorial is from generation to generation.

O Christ rich in mercy, we acknowledge Thee as Lord of the living and Master of the dead in Thy divine power. In Thy love for mankind, give rest to those who have departed unto Thee, their only Benefactor; make them dwell with Thine elect in a place of refreshment, amidst the splendour of Thy saints. For it is Thy will to show mercy, and as God Thou dost save those whom Thou hast made in Thine image, for Thou alone art merciful.

Glory be to the Father... Now and ever...

Theotokion

Thou wast revealed, all-holy Virgin, as God's chosen dwelling-place: thou hast held God in thy womb and given birth to God, twofold in nature and in will, but single in His Person. Pray to Him, the Only-Begotten and the First-Born, who kept thee a virgin inviolate even after childbirth, that He may give rest to the souls of those who have fallen asleep in faith, granting them eternal blessedness and glory.

[1] Ps. 83:2-3.

TONE SEVEN

VESPERS ON FRIDAY EVENING

To Lord, I have cried, *the stichera to the Martyrs:*

Glory be to Thee, O Christ our God, boast of the apostles, joy of the martyrs, whose preaching was the consubstantial Trinity.

O holy martyrs, who have fought the good fight and received your crowns, pray to the Lord for mercy on our souls.

Despising every earthly thing, O holy martyrs, and bravely preaching Christ in the arena, ye received from Him the due reward for all your sufferings. Since He is Almighty God and ye have boldness in His presence, to you we run for help; we entreat you, pray to Him for the salvation of our souls.

O martyrs worthy of all praise, sheep of Christ's spiritual flock, ye are a living offering and a sacrifice acceptable and pleasing to the Lord. Earth did not cover you, but heaven has received you. Ye have become companions of the angels: we entreat you, pray with them to God our Saviour, that peace be given to the world, and salvation to our souls.

Glory be to the Father...

For the Dead
by St John of Damascus

O Life-Giver and Saviour, give rest to our brethren whom Thou hast taken from this temporary life, for unto Thee they cry: O Lord, glory to Thee.

Now and ever...

Theotokion

In ways surpassing nature, beyond speech and understanding, thou wast revealed, O Theotokos, as a mother, yet hast thou remained a virgin. Our tongue cannot express the wonder of thy giving birth. Marvellous, O pure Lady, was thy conceiving, and beyond our comprehension was the manner of thy bearing child; for when God wills, nature's rules are overthrown. And so, confessing thee as Mother

of God, we fervently entreat thee: intercede for the salvation of our souls.

MATTINS ON SATURDAY MORNING

After the first reading from the Psalter, the sessional hymns to the Martyrs:

Rejoice, ye righteous, and let the heavens be glad: for, fighting bravely upon earth, the martyrs have brought error to an end. Let the Church celebrate a feast of joy and triumph, giving glory to the Judge who alone confers the victory, Christ our God who grants the world great mercy.

Verse: God is wonderful in His saints, the God of Israel.

Ye despised, O saints, the godless tyrants, and scorning all the pain of the tortures ye denied not your faith in Christ. Pray, then, to God who loves mankind, for the salvation of our souls.

Verse: To the saints that are in the earth, the Lord has shown the wonders of His will.

We entreat you, O ye saints, intercede for the forgiveness of our sins, and pray for our deliverance from the torment that awaits us and from bitter death.

Glory be to the Father...

For the Dead

In the land of the living and in the dwellings of the righteous give rest, O loving Lord, to Thy servants whose memorial we keep; and whatever sins they committed in this life do Thou pardon, for Thou art a God of compassion ready to forgive, who grantest to the world great mercy.

Now and ever...

Theotokion

Since thou art the treasure-house of our resurrection, O Virgin worthy of all praise, do thou raise up from the pit and from the depth of their offences those who have put their trust in thee. Guilty of sin, they have been saved through thee, for thou hast given birth to our Salvation. Virgin before childbirth, and during childbirth virgin, thou hast remained virgin after childbirth.

Lauds:

Celebrating the memorial of Thy holy martyrs, we sing Thy praises, Christ, and cry aloud: 'O Lord, glory to Thee.'

In the midst of the arena, before the lawless pagans, the victorious martyrs cried aloud rejoicing: 'O Lord, glory to Thee.'

O victorious martyrs worthy of all praise, shining as the lights of heaven upon the inhabited earth, ye cry aloud to Christ: 'O Lord, glory to Thee.'

Breathing one purpose and looking to a single hope, vying with each other in their end, the victorious martyrs looked upon death for Christ as the only entry into life. O strange wonder! Though the torture might have been postponed, they seized hold of it as men seize hold of treasure, and they said to one another: 'Even if we do not die today, yet some day we shall surely die, obeying as we must the laws of human birth. Let us turn necessity into an act of generous love; willingly let us make our own what is the common fate of all, and let us purchase life with death.' At their intercessions, O God, have mercy upon us.

Glory be to the Father...

For the Dead

To the souls that Thou hast taken, O Lord and Saviour of the world, give rest in the dwellings of the righteous and of Thine elect.

Now and ever...

Theotokion

With the Angel we cry to thee 'Rejoice!', O Bride of God, and we call thee bridal chamber and gate, throne of flame, mountain not cut by hand of man, bush unconsumed by fire.

Aposticha for the Dead:

by Theophanes

Men saw Thee hanging dead upon the Cross, who only art immortal; Thou wast laid as a corpse in the tomb, yet Thou hast delivered us from corruption and death. Since Thou art a deep sea of tender compassion and a fountain of love that never fails, give rest to the souls of Thy servants who have departed from us.

Verse: Blessed are they whom Thou hast chosen and taken to Thyself, O Lord.

With the pure joy of Thy beauty and with the rays of Thy divine light, shine upon those who have departed unto Thee, and in Thy love count them worthy to dwell in the spiritual radiance of Thy splendour; and may they rejoice with the angels before Thee, the Master and King of glory and Lord.

Verse: Their memorial is from generation to generation.

Unfailing treasure-house of love, there is no end to the splendour of Thy gifts. Do Thou as God accept those who have departed unto Thee, and make them dwell in the land of Thine elect, in a place of rest, in the house of Thy glory, in the joy of Paradise, in the bridal chamber of the virgins, for Thou art compassionate.

Glory be to the Father... Now and ever...

Theotokion

Thou bearest the Fulfillment of the Law, the Deliverer made flesh. For to those before His coming there was no justification in the Law; but Christ, crucified for our sakes, has justified us. Since, O Virgin worthy of all praise, thou hast boldness as a mother, pray to thy compassionate Son, that He may give rest to the souls of those who have departed from us in the true faith.

TONE EIGHT

VESPERS ON FRIDAY EVENING

To Lord, I have cried, *the stichera to the Martyrs:*

O martyrs of the Lord, ye hallow every place and heal every ill: and now we entreat you to pray that our souls may be delivered from the snares of the enemy.

O martyrs of the Lord, we beseech you, offer intercession to our God: pray for abundant mercy on our souls and the forgiveness of our many sins.

Thy martyrs, O Lord, forgetting the things of the present life, and despising torture in their longing for the life to come, were granted this eternal life as their inheritance, and now they rejoice with the angels. At their supplications bestow upon Thy people Thy great mercy.

If there be any virtue and if there be any praise, rightly are these things ascribed to the saints. They bowed their necks beneath the sword, for Thy sake who hast bowed the heavens and come down. They shed their blood for Thee, who hast emptied Thyself and taken the form of a servant; they humbled themselves even unto death, following the example of Thy poverty. At their prayers have mercy upon us, O God, according to the multitude of Thy tender mercies. [1]

Glory be to the Father...

For the Dead
by St John of Damascus

I lament and weep whenever I see death and look upon our beauty, formed according to God's image, lying in the grave disfigured and inglorious, its outward form destroyed. O strange wonder! What mystery is this concerning us? How have we been delivered to corruption? How have we been yoked to death? All this, so it is written, is by the ordinance of God, who grants rest to the departed.

[1] PHIL. 4:8; PS. 17:10; PHIL. 2:7-8; 2COR. 8:9; PS. 50:3.

Now and ever...

Theotokion

The King of Heaven, out of love for us, appeared on earth and dwelt with men. Taking flesh from a pure Virgin, He came forth from her in the human nature that He had assumed. He is one Son, twofold in Nature yet not in Person. And so we make a true confession of our faith in Christ our God, proclaiming Him as perfect God and perfect man. Pray to Him, O Virgin Mother, that He may have mercy on our souls.

MATTINS ON SATURDAY MORNING

After the first reading from the Psalter, the sessional hymns to the Martyrs:

O holy martyrs, God has made you into spiritual torches. By the power of faith ye have dispersed the dark mist of error; ye have made the lamp of your soul to burn brightly, and in the company of the Bridegroom ye have entered with glory into the heavenly bridal chamber. And now we entreat you, intercede for the salvation of our souls. [1]

Verse: God is wonderful in His saints, the God of Israel.

Suffering in faith a martyr's death, O saints, ye became ever-burning stars that shine on all the earth. Having placed your whole trust in the Lord, ye made the lamps of your souls to burn brightly with the invisible oil of the Spirit. Pouring out your blood, ye have become a chalice that brings refreshment to the Church. Victorious martyrs, worthy of all praise, offer intercession unto Christ our God, that we who celebrate with love your holy memory may receive forgiveness of our sins.

Verse: To the saints that are in the earth, the Lord has shown the wonders of His will.

Through their self-restraint the martyrs of Christ put to death the fiery impulses of passion. They received the grace to drive out diseases from the sick, and to work miracles both when alive and after they were dead. O marvellous wonder! For their bare bones are a source of healing. Glory be to God, the only wise Creator.

Glory be to the Father...

[1] MATT. 25:1-13.

For the Dead

O Thou who with wisdom profound orderest all things in Thy love for mankind, who bestowest on all men, O only Creator, that which is best for them: give rest, O Lord, to the souls of Thy servants, for they have set their hope in Thee, our Maker and Creator and our God.

Now and ever...

Theotokion

In thee we have a wall and haven, and an intercessor acceptable to God whom thou hast borne, O Virgin Theotokos, the salvation of the faithful.

Lauds:

To the Martyrs

What shall we call you, O saints? Cherubim, for Christ rested upon you? Seraphim, for ye glorified Him without ceasing? Angels, for ye have renounced the body? Powers, for ye perform miracles? Manifold are your names, but greater are your gifts of grace: pray for the salvation of our souls.

Bravely have ye fought, O holy martyrs; steadfastly ye endured the tortures of lawless men, confessing Christ before kings. And departing from this life, ye now work miracles throughout the world, healing from their passions those in sickness. Pray for the salvation of our souls.

Invincible martyrs of Christ, ye triumphed over falsehood by the power of the Cross, and gained as your reward the grace of life eternal. Ye felt no terror at the threats of tyrants, and when ye suffered torment ye rejoiced; and now your blood has become the healing of our souls. Intercede for our salvation.

Putting on the breastplate of the Faith and armed with the sign of the Cross, ye shewed yourselves courageous fighters. Bravely ye resisted tyrants and cast down the delusions of the devil; and ye were rewarded with a victor's crown. Intercede for our salvation. [1]

Glory be to the Father...

For the Dead

Thy death, O Lord, has brought us immortality. For hadst Thou not been laid in the tomb, Paradise had not been opened. Therefore in compassion give rest to the departed.

[1] 1THESS. 5:8.

Now and ever...

Theotokion

Thy protection, O Theotokos Virgin, is a source of spiritual healing: taking refuge beneath it, we are delivered from the diseases of our souls.

Aposticha for the Dead:

by Theophanes

With Thy royal authority, O Master, Thou hast signed the charter of my liberation in the purple of Thy blood. And now I pray to Thee with faith: give rest in Thy compassion to those who have gone to dwell with Thee; number them with Thy first-born, and count them worthy to share in the joy of the righteous.

Verse: Blessed are they whom Thou hast chosen and taken to Thyself, O Lord.

Fulfilling priestly mediation as man, sacrificed as lamb, Thou hast redeemed mankind from corruption and offered it as an oblation to the Father. And now in Thy love make the departed to dwell in the land of the living, where flow the streams of joy and the fountains of eternal life.

Verse: Their memorial is from generation to generation.

In the depths of Thine ineffable wisdom Thou dost fix the bounds of life and foresee the things to come, and Thou dost translate Thy servants to another life. Those whom Thou hast taken to Thyself do Thou lead beside the still waters of repose, and make them dwell in the brightness of Thy saints, O Lord, where there is the sound of great rejoicing and praise.

Glory be to the Father...

Though Thou art the invisible Word, one in nature with the Father and enthroned with the Spirit, yet for my sake who am man, Thou hast appeared in the flesh. In Thy mercy and love, O Giver of all life, shine upon the departed with the splendour of Thy majesty and beauty.

Now and ever...

Theotokion

Since, O Mother of God, thou hast conceived the eternal Word of God the Father, with a mother's boldness pray fervently that He may establish thy servants in the eternal choir of all who exalt and praise thee, in a place of everlasting light, amid the joyful sound of those who keep festival.

THE END

GLORY BE TO GOD

AMEN

SDA1607

Errata for the Lenten Triodion Supplement

OMISSION
Page 52, top The text of Ode 9 of the second Three-Ode Canon has been omitted. This text is not available in modern Greek liturgical sources, but may be found in the Slavonic.

Ode IX
Irmos: Foreign to mothers is virginity…

We bow down before Thy wounds, O Bestower of life, having thereby been delivered from the passions of sin and come to know that we have been sealed by Thy precious Cross for our salvation and as an aid against every assault of the enemy.

O most Merciful One, Who of Thine own will wast crucified for the salvation of all, with the effulgence of Thy Cross illumine the souls of those who hymn Thy sufferings, and direct and guide our life to the [right] path.

We have sinned, violating Thy commandments, O Savior Who lovest mankind, and through indifference we have wandered far away from the path of Thy divine precepts; yet recall our souls from falsehood, O Compassionate One.

Glory: Praise, honor and glory are due the Trinity as the sole Dominion, the sole Kingship, the worshipful Unity of the Godhead, unconfused, indivisible, inseparable in essence, continually magnified.

Now & ever: In that Thou art merciful, be Thou moved to mercy by the supplications of Thy most pure Mother, O most compassionate King of glory, when Thou comest to judge Thy servants; for we all believe in Thee, and we know Thee to be God.

Glory to Thee, our God, glory to Thee!
The splendid fast which now cometh upon us doth comprise a banquet of ascetic feats set forth before [us]; wherefore, O ye faithful, with sobriety let us all take up the honored cup of cleansing tears, that we may not be tormented by inconsolable weeping in [hades].

Katavasia: Foreign to mothers is virginity, and strange is childbirth to virgins; yet both were accomplished in thee, O Theotokos. Wherefore, all of us, the peoples of the world, magnify thee unceasingly.

OMISSION
Page 62, middle
There is an additional Sessional Hymn in the Slavonic Triodion. It is appointed to be chanted before the other Sessional Hymns after Ode 3.

Sessional Hymn, Tone 4, Melody: *Go Thou quickly before us*

Christ, as the Sun of righteousness, sent you forth as rays enlightening the earth, O holy teachers; wherefore, with the divine light of the knowledge of God, O divinely blessed ones, through your godly intercessions, illumine my soul which hath been darkened by evil.

ERROR
Page 217, top
"When the Virgin Mother saw Thee raised upon the Cross" should read
"When Thy Virgin Mother saw Thee raised upon the Cross"